

JUNE

DID YOU KNOW

Discover resources and information from across our **six wellness focus areas** that relate to key observances in June.

physical

emotional

social

financial

occupational

intellectual

LGBTQ+ Pride Month

LGBTQ+ Pride Month in June is a time to commemorate the movement for Lesbian, Gay, Bisexual, Transgender, and Queer rights and acceptance within our society, which gained momentum following the 1969 Stonewall Uprising in New York City. Since then, members of the LGBTQ+ community and their allies have continued to demonstrate for equal rights and march with Pride nationwide each June.



CALL TO ACTION

Learn about the contributions made by the LGBTQ+ community to history, society, and culture [here](#). Take part in the [53rd Annual LA Pride Parade](#) on Sunday, June 11, 2023. Explore events the LA County Library is holding in honor of Pride Month on the [LGBTQ+ Pride page](#). Discover information, resources, and inspiring media footage showing the historical path of the movement at the [Library of Congress](#).

Effective Communications Month

Effective Communications Month highlights the importance of communication in our personal and professional lives. Communication isn't just about how we speak; it involves listening, interpreting, and observation. Effective communication reduces misunderstandings, builds stronger relationships, helps with conflict resolution, fosters trust and empathy, and increases self-awareness.



CALL TO ACTION

Read about the 5 C's of effective communication and how they can help improve your workplace communications [here](#). Communication courses are also available to County employees on [Udemy](#) through the Department of Human Resources (DHR). For assistance navigating difficult personal or professional situations, contact DHR's Employee Assistance Program at (213) 433-7202 or EAP@hr.lacounty.gov or New York Life Behavioral Health's Life Assistance Program at (800) 344-9752.

Men's Health Week: June 12th - 18th

Men's Health Week encourages boys and men to take charge of their overall health by implementing healthy living decisions. Taking an active role in your health includes getting regular doctor check-ups, incorporating more exercise, and eating a healthy diet. The annual campaign, held the week before Father's Day, also raises awareness about health issues that affect men disproportionately and preventative measures they can take. Among men in Los Angeles County, for example, [prostate cancer is the most commonly diagnosed cancer](#), which includes risk factors like smoking, being overweight, and not getting enough exercise.



CALL TO ACTION

Learn more about ways men can improve health by avoiding risk factors and increasing protective factors [here](#). Encourage the men in your life to make their health a priority. Embrace preventative care options and get regular check-ups and screenings – visit their healthcare provider regularly to monitor their health and to catch any potential issues early on. Eating a balanced diet and staying active can help reduce the risk of many health conditions, including heart disease, obesity, and diabetes. Learn more about these critical topics through the Countywide Wellness Program webinars available [here](#).

Employee Wellness Month

Employee Wellness Month in June focuses on promoting physical and mental wellness in the workplace. Whether working remotely or in the office, practicing self-care and managing your well-being helps prevent burnout or stress. Taking charge of your mental and physical health to help you achieve total well-being can also help you feel more relaxed and focused throughout the day and prevent chronic stress factors that negatively impact your sleep cycle, hormones, digestion, and metabolism.



CALL TO ACTION

Check out [10 Strategies for Becoming Your Best and Healthiest Self](#) and other webinars through [DHR's Workplace and Community Programs](#) website. Spend time outside of work doing things that bring you joy, such as [spending time with your family at the beach](#), [exploring a new park](#), or [volunteering](#). While working, remember to take a wellness approach, taking into consideration the ergonomics of your workspace, establishing clear work and personal boundaries, and finding support when you need it.

Alzheimer's & Brain Month

Alzheimer's & Brain Month aims to raise awareness about Alzheimer's disease and other brain-related health illnesses. Alzheimer's is the most common form of dementia that causes problems with memory, thinking, and behavior. Alzheimer's disease and related dementias are a [growing public health issue in Los Angeles County](#), expected to impact more than 405,000 individuals by 2040.



CALL TO ACTION

Recognize the importance of brain health and the steps individuals can take to reduce the risk of developing Alzheimer's disease and other forms of dementia. Though aging is the most significant risk factor for dementia, staying active, maintaining a healthy diet, and exercising your mind can help reduce the risk of dementia. Try a crossword puzzle or Sudoku game to challenge your brain and improve memory. If you are caring for a person with Alzheimer's or another dementia, visit <https://www.alzheimersla.org/> for information on programs, services, and community resources to support you.



Los Angeles County
DEPARTMENT OF

Human Resources

