

June is **National Safety Month, Men's Health Month, and Pride Month**

Find the best resources by clicking the names above.

June 8 - National Best Friend Day

Today, we celebrate all the unforgettable memories we've created with our besties and the ones that lie ahead. Here's to late-night talks, secret jokes, and dance parties in our pajamas!

June 14 - Flag Day

Display the flag proudly today, whether outside your home, at your workplace, or even as a virtual backdrop.

June 18 - Father's Day

Happy Father's Day to all the amazing dads out there! Thank you for being our constant source of strength, biggest cheerleader, and ultimate role model.

June 19 - Juneteenth

What can you do today to promote unity and understanding? Share a book, film, or artwork that has opened your eyes to the importance of Juneteenth, or **engage in meaningful conversations and acts of kindness**.

June 21 - National Selfie Day

Compliment a friend's selfie or share your favorite selfie memory with a loved one. Let's create a virtual album of smiles and laughter for #NationalSelfieDay!

June 27 - PTSD Awareness Day

Break the stigma surrounding mental health and create a safe space for open conversations. #PTSDAwareness #BreakTheStigma #SupportAndHealing

FOOD & DRINK

What's in season? Apricots, blueberries, cantaloupe, cherries, corn, kiwi, lettuce, mangoes, peaches, strawberries, Swiss chard, watermelon, and zucchini.

Busy Summer nights call for easy-peasy dinners! Clean out the fridge and try this [Leftovers Frittata](#) with basically anything you have in the fridge.

It's time for cookouts! **Make a vegetarian-friendly burger:** marinate portobello mushroom caps in olive oil, balsamic vinegar, and garlic, then grill them until they're tender and juicy. Serve them on buns with your favorite toppings.

*Post for 6/3 - **Salad for Breakfast? Why not!** [This recipe covers](#) National Egg Day, which is today, and National Cheese Day, which is tomorrow.*

Summer is the perfect time to eat healthy with all of the fresh options available at the farmer's markets. Make the most of the season with these [recipes for the grill](#).

The first fresh ears of corn are making their way into the farmer's market. Grill some up and top with butter and chili-lime seasoning.

Berries are in season! Combine sliced strawberries, blackberries, and blueberries, then top with a splash of Orange Liqueur for a refreshing adults-only summer salad.

Things on toast: Sauteed Mushrooms, Garlic, and Ricotta! Use sprouted or whole grain bread, bagels, or English muffins for their crucial fiber. #NomNom

*Post for 6/2 - From morning pick-me-ups to moments of celebration, donuts are a symbol of happiness, togetherness, and simple pleasures. **Happy National Donut Day!***



LIFESTYLE

If you have trouble sleeping or need to block out distractions, use your iPhone's [secret white noise feature](#). **Who knew it even existed?**

Every day, tell someone – anyone – you are grateful for them, their help, their presence, or anything good that comes to mind. **Sharing gratitude with another person boosts happiness** for both of you.

Pro Home Tip: Make sure your overhead fans are in a counterclockwise direction to push cooler air down. [#energysavings](#)

Protect your skin, enjoy the sunshine, and have a fabulous summer! Remember to: Use SPF 30 or higher, apply 15 minutes before sun exposure, reapply every 2 hours or after swimming, and don't forget your face, ears, and other exposed areas.

Post for 6/27, National Sunglasses Day - **Grab your shades and enjoy the sun while protecting your peepers!** Sunglasses shield your eyes from harmful UV rays, reduce eye strain and fatigue, prevent eye dryness and irritation, and guard against dust and allergens.

Treat yourself to a little TLC this month! Indulge in a bit of goblin mode, read a book in your favorite chair, or enjoy some peace and quiet while sitting on your front porch or deck.

Trending: Garden Bathing. Research has shown that spending non-gardening time in the garden has many [positive health and wellness benefits](#).

Post for June 23 - Today's the day to wag your tail at work! Enjoy the pawsome company of your furry friend and spread some canine cheer. **Happy Take Your Dog to Work Day!**

What are some ways you relax during the busy summer season?



COMMUNITY

Post for June 5 - Today is World Environment Day and a great reminder that every action we take, big or small, can positively impact our environment. **Commit to making sustainable choices.** Reduce, reuse, and recycle. Conserve energy and water. Plant trees and embrace eco-friendly practices.

Post for the week of June 1-7 – It's CPR & AED Awareness Week - Get certified and save a life!

Give something to those who gave. Support our troops by honoring their service and providing positive life experiences during and after their years of service by donating tickets to events. Learn more at <https://www.vettix.org/>.

Shop local! It's farmer's market season. #farmersmarket #shoplocal #eatlocal #supportlocal #buylocal #organic #farmer

Are you a fitness instructor? Host a free community fitness class!

Post for Juneteenth - Take the opportunity to listen to Black voices and support organizations working towards racial justice. Together, we can build a future where every person is truly free and equal.

Take a moment to reflect on the significance of our flag and what it means to you, then share your thoughts with your children. #FlagDay #ProudToBeAnAmerican #UnitedWeStand

When you're done with your summer reading, donate your books to a local library or school.

Educate yourself about the signs and symptoms of PTSD, and spread awareness through your social platforms. Share resources, stories of resilience, and messages of hope. **Together, we can create a world where people with PTSD can find the support they need to thrive.**



HEALTH

Strawberries are in season, and there are so many [healthy reasons](#) to gobble them up!

Here's what's on our list of healthy snacks for June - Strawberries and a piece of Dark Chocolate, Kale Chips, Trail Mix with Nuts and Dried Fruit, and Swiss Cheese.

DYK? There are processed foods that are good for you. Canned beans are a good source of fiber and protein, Greek yogurt is high in protein and has quality micronutrients like calcium, and tofu is low in sodium and has no cholesterol.

What is the largest organ in the human body?

Answer: Skin. [Read up on Summer skincare here.](#)

Take your lunch outside. Exposure to sunlight early in the day can help you sleep better! Just be sure to wear sunscreen.

Did you know soy milk is the only plant-based milk that has a complete protein? It has 8 grams of protein per glass, all of the essential amino acids of cow's milk, and is fortified with calcium and Vitamin D.

Trending: What is [lion's breath](#)? Is it good for me, and will it make me king of the jungle?

Say no to bland and yes to this Blueberry-tahini Smoothie! 1 banana + 1 cup frozen blueberries + 1 cup nut milk + 1/4 cup tahini + pinch of ground cinnamon + drizzle of vanilla extract.

Grilling this weekend? Instead of an ultra-processed hot dog full of salt, opt for a lean turkey burger topped with avocado, lettuce, tomato, and onion. [#healthyswaps](#) [#healthyoptions](#)

Been invited to a cookout? Bring this healthy and gluten-free [Quinoa, Black Bean & Avocado Salad](#) with you and reel in the compliments!



PARENTING

Take the kids out for ice cream on June 7th as a special treat to celebrate National Chocolate Ice Cream Day. [#icecream](#) [#chocolate](#) [#treat](#)

Summer break is an excellent time to enlist the kids in helping out around the house. **What are some chores your kids help out with?**

Eating healthy as a family is important. Be sure your child sees you enjoying fruits, vegetables, and whole grains, and limit foods with added sugars, solid fats, or salt. [#healthyfamily](#) [#nutrition](#) [#parentingtips](#)

Summer break is the perfect time to encourage your children to play outside and engage in activities such as running, jumping, and climbing. **Playing outside promotes physical activity and helps children develop motor skills.**

Your kids will have fun expressing themselves when painting these [colorful Dragonflies](#). And you will too!

Cooking together is a great way to get your child interested in healthy eating and to teach them important skills. Get everyone in the kitchen and [make a healthy meal tonight](#).

Helmets save lives! Remind your teen to wear a helmet this summer when riding a bike, motorcycle, or all-terrain vehicle to protect themselves from unintentional injuries.

Enjoy the water and stay safe this summer! **Remember to swim with a buddy, wear life jackets, and supervise children.** [#WaterSafety](#) [#SwimSmart](#)

Summers were made for S'mores and campfires! Your kids will love making and playing with this [glowing campfire craft](#) with tissue paper.

MEMBERSHIP

Exercise is the best way to improve your mood and reduce stress. Join us at the Y today!

Join the conversation: How often do you exercise, and what is your routine?

#MondayMotivation - Remember, you're not alone. Millions of people around the world are trying to live healthier lives. You can do it!

Start your road to happiness at the Y!

"The groundwork for all happiness is good health." ~ Leigh Hunt

What are your family's summer plans to stay active? Do they involve the Y?

Beat the Summer heat and bring your workout to the YMCA! Run on the treadmill, lift weights, or try something new!

We love bringing families together at the Y. Our family-friendly facilities are a great place to take your kids for daycare, camps, and fitness classes. Come check it out!

It's Men's Health Month! **Have your staff wear blue and create Facebook Stories** and videos about men's health to share all month long.

Did you know we have summer camps, overnight camps, and specialty camps? See what's available and what would work best for your kids! ([Link to Camp URL](#))

Be sure to give a shout-out to all of your members who are dads on Father's Day. Maybe even showcase a few!



TRIVIA

Who was the Roman god of agriculture?

Answer: Saturn

Hurricane season is here.

The energy in an average one-day hurricane could power the US for how many years?

Answer: 3 years!

When did the first drive-in movie theater open?

Answer: June 6, 1933

Which US state is the largest producer of rice?

Answer: Arkansas

The first Harry Potter book came out on June 26 of which year?

Answer: 1997! (*feeling old right now!*)

How many pairs of wings does a bee have?

Answer: Two

How many Earths could fit inside the sun? A. 3 B. 1,300 C. 1.3 million

Answer: C.1.3 million!

The first iPhone was released on June 29 of which year? A. 1999 B. 2004 C. 2007

Answer: 2007

How long does it take to hard boil an egg?

Answer: Seven minutes



INSPIRATION

"If you want to change the game, you can't just work from the outside; you've got to get inside."
~ Michelle Obama

"The best way to predict the future is to create it." ~ Abraham Lincoln

"Fitness is not about being better than someone else.
It's about being better than you used to be." ~ Anonymous

It's summer and time to make a [new playlist!](#)

"Exercise is a celebration of what your body can do. Not a punishment for what you ate."
~ Anonymous

"Just believe in yourself. Even if you don't pretend that you do and, and some point, you will."
~ Venus Williams

"Train like a beast, look like a beauty." ~ Anonymous

"Exercise should be regarded as a tribute to the heart." ~ Gene Tunney

"No matter how slow you go, you're still lapping everybody on the couch." ~ Anonymous

"Don't give up on your dreams, or your dreams will give up on you." ~ John Wooden

"Every master was once a disaster." ~ T.S. Wood