



# A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

## Wellness Matters



### JUNE 2025 MONTHLY MEMO

JUNE IS... MEN'S HEALTH AWARENESS MONTH

## Let's talk about men's health



Self-care is crucial for men's health, encompassing both physical and mental well-being. Prioritizing activities like regular exercise, mindfulness techniques, and stress management can significantly improve overall health and reduce the risk of chronic diseases. It's also essential to maintain a balanced diet, get quality sleep, and engage in hobbies or activities that promote personal growth and relaxation. [READ more on page 2...](#)

### Key points about Men's Health Month:

- **Focus:** The month emphasizes the importance of men's physical, mental, and sexual health.
- **Awareness:** Aims to address the gap in men's healthcare and promote a culture of wellness.
- Action:** Encourages men to prioritize their health & get regular check-ups.
  - **Mental Health:** Highlights importance of addressing men's mental health and breaking down stigmas surrounding support.
  - **Prevention:** Promotes preventative care and healthy habits to improve overall wellbeing, according to the University of Michigan Health-West.



Click [HERE](#) or on the images or text for Global Wellness Institute's  
*Men's Wellness Initiative Trends for 2025*

# What is self care & why it's important

## WHAT IS SELF CARE?

Self-care involves prioritizing one's own well-being through various activities that address physical, mental, and emotional needs. It's about recognizing and fulfilling these needs to improve overall health and happiness.

## PHYSICAL SELF-CARE

Practicing physical self-care includes: Eating nutritious, balanced meals; engaging in regular physical activity; prioritizing adequate sleep and creating a relaxing bedtime routine; maintaining good personal hygiene, and staying hydrated.

## MENTAL/ EMOTIONAL SELF-CARE

Practicing mental and emotional self-care means: Practicing mindfulness, meditation, or self-regulating exercises such as deep breathing; managing stress by integrating stress-reducing techniques like yoga, mindfulness or spending time in nature; expressing emotions by journaling, talking to a friend or engaging in creative activities or play.



## SPIRITUAL SELF-CARE

Spiritual self-care means nurturing your inner being and connecting your core values and purpose, many times through practices like meditation, prayer, or spending time in nature. Practicing in this manner can foster a sense of inner peace, purpose and deeper meaning in life, helping to connect us with something greater than ourselves.

Some ways to connect to our inner selves might include practicing ...

- Meditation
- Mindfulness
- Gratitude
- Yoga
- Connecting with community

All practices that can help us find a sense of calm amidst the chaos of daily life.

## SOME BENEFITS OF SELF-CARE

- Stress Reduction
- Improved Mood
- Increased Self-Esteem
- Better Emotional Balance
- Improved Physical Health
- Stronger Immune System
- Better Sleep
- Increased Productivity
- Stronger Relationships
- Increased Happiness
- Enhanced Self-Awareness

# JUNE IS PRIDE MONTH...



## What is Pride Month?

Pride Month is a vibrant and inclusive celebration that honors the LGBTQ+ community, their history, achievements, and ongoing struggle for equality.

This annual event serves as a powerful reminder of the importance of acceptance, diversity, and love. It brings together individuals, organizations, and communities to advocate for LGBTQ+ rights and celebrate the progress made towards a more inclusive society.



Pride Month is a month-long celebration that recognizes the LGBTQ+ community and their contributions to society. It is a time to acknowledge the challenges faced by this community and to stand in solidarity with their fight for equality, acceptance, and human rights. Pride Month is a joyful and colorful display of love, unity, and resilience, with events and activities that promote inclusivity, educate the public, and celebrate the diversity of sexual orientations and gender identities.



SEE PAGE 4 FOR DETAILS  
ON THE NEW PALTZ PRIDE COALITION'S  
21<sup>ST</sup> NEW PALTZ PRIDE  
PARADE AND FESTIVAL  
ON JUNE 1ST



**\*\*Find the OCW's tent at the festival for a colorful & fun\*\***  
**"Rock Your Pride"**  
**Art activity!**

# DON'T MISS THESE GREAT JUNE EVENTS!

JOIN US FOR THE 21ST ANNUAL

# NEW PALTZ PRIDE

**SUNDAY  
JUNE 1, 2025**

[newpaltzpride2025@gmail.com](mailto:newpaltzpride2025@gmail.com)  
CONTACT THE NEW PALTZ PRIDE COALITION FOR MORE INFORMATION ON HOW TO HELP

# SAVE THE DATE



**NPPC**  
NEW PALTZ PRIDE COALITION

Sunday, June 1<sup>st</sup>: Parade kicks off at 12 noon at New Paltz Middle School. Festival in Hasbrouck Park to 5pm

## New Paltz Regatta



Sunday, June 8<sup>th</sup>: Parade steps off at 1:00pm at Village Hall then heads down Main Street, then onto Water Street to the Wallkill River shoreline to begin the race. FREE to register! Sign up [HERE](#)



## FREE CONCERT IN THE PARK



The Jazz Pioneers is a 20-piece jazz band playing traditional, as well as driving big band sounds.

CLICK the image above to hear a soundbite of this talented and seasoned band.

**Sunday, June 29<sup>th</sup>, 5:00pm to 7:00pm:**

Bring a picnic to the Field of Dreams and enjoy a **FREE** concert with community with the sounds of The Jazz Pioneers