CONSORTIUM CONNECTION

"HEALTHY ENVIRONMENT, HEALTH LIFESTYLES, HEALTHY COMMUNITY" HEALTHYMIAMIDADE.ORG

June at a Glance

- NATIONAL SAFETY MONTH
- ALZHEIMER'S & BRAIN AWARENESS MONTH
- MEN'S HEALTH MONTH
- NATIONAL HIV TESTING DAY (JUNE 27)

CONSORTIUM FOR A HEALTHIER MIAMI-DADE

Attention!

We are proud to support our community organizations, community partners, and residents working to improve health across Miami-Dade County.

Have a program, event, or resource you'd like to share with the community? Please send in your submissions no later than the 15th of each month to Natouchka.Murray@flhealth.gov

Stay connected and help spread awareness of local health initiatives. Visit: HealthyMiamiDade.org

JUNE IS...

NATIONAL SAFTEY MONTH

National Safety Month focuses on reducing preventable injuries and promoting safe environments at home, work, and in the community. Observed each June, this national awareness campaign encourages individuals, employers, and communities to prioritize injury prevention, emergency preparedness, workplace safety, mental well-being, and safe daily practices. According to the National Safety Council, preventable injuries are a leading cause of death in the United States, making education and prevention efforts especially important.

WORKPLACE SAFETY

- Follow workplace safety procedures and use proper protective equipment
- Take breaks to reduce stress and fatigue
- Maintain proper posture and ergonomics when working at a desk
- Report unsafe conditions or hazards promptly

WATER SAFETY MATTERS

- Supervise children at all times near water
- Use life jackets when appropriate
- Follow posted safety guidelines and weather warnings

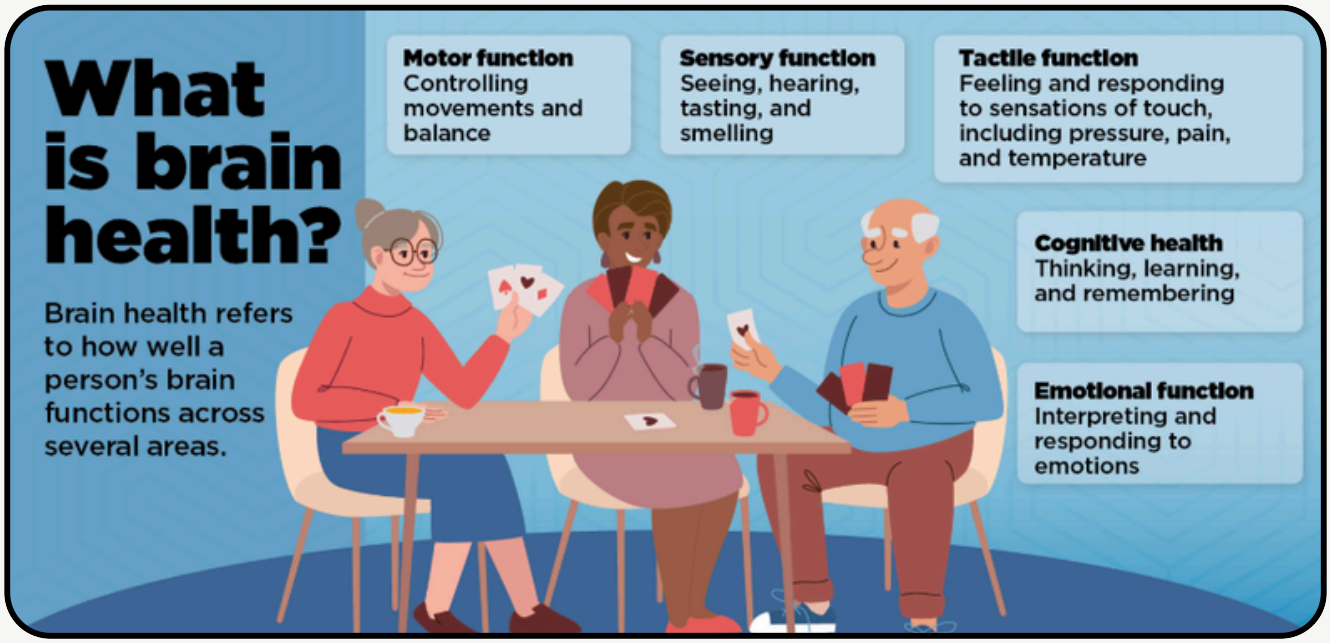
EVERYDAY SAFETY REMINDERS

- Wear seatbelts and follow traffic laws
- Practice sun and heat safety when spending time outdoors
- Prevent falls by keeping walkways clear
- Stay alert and avoid distractions
- Support mental well-being by managing stress and checking in on others

Sources: NIH, CDC

Alzheimer's & Brain Awareness Month

In recognition of Alzheimer's & Brain Awareness Month, this month highlights the importance of raising awareness about Alzheimer's disease and promoting lifelong brain health. While aging is the greatest known risk factor, healthy habits such as regular physical activity, balanced nutrition, quality sleep, stress management, and social connection may help support cognitive function over time. Brain health affects many aspects of daily life, including how we think, feel, act, learn, and connect with others. Recognizing early warning signs and seeking medical guidance when concerns arise can help support early intervention, access to resources, and overall well-being.



Support Brain Health

- Stay physically active
- Eat a balanced, heart-healthy diet
- Get quality sleep
- Manage stress
- Stay socially connected
- Keep your mind engaged

Know the Warning Signs

- Memory loss that disrupts daily life
- Difficulty completing familiar tasks
- Confusion with time or place
- Changes in mood or personality
- Withdrawal from activities
- Misplacing things frequently

Brain Health Check:

Concerned about memory changes? Learn the warning signs of Alzheimer's disease and explore brain health resources through the Alzheimer's Association and the National Institute on Aging. Early conversations with a healthcare provider can help address concerns and support healthy aging.

Alzheimer's Association-10 Warning Signs Checklist

Alzheimer's Association- Cognitive Assessment Toolkit

Ways to Get Involved

Learn the warning signs of Alzheimer's disease, share educational resources, support caregivers, and participate in community awareness efforts. Small actions can help promote brain health and support those impacted by Alzheimer's disease and other forms of dementia.

For more information, visit: https://www.alz.org/manh/events/abam/get-involved

Sources: Alzheimer's Association, National Institute on Aging

Men's Health Month

Men's Health Month highlights the importance of encouraging men and boys to prioritize their physical and mental well-being through preventive care, healthy lifestyle habits, and routine health screenings. Common conditions affecting men, including heart disease, stroke, diabetes, and certain cancers, may be reduced through regular physical activity, balanced nutrition, stress management, and early detection. Taking proactive steps toward better health can support overall wellness and improve quality of life. Men's Health Month also serves as a reminder to promote mental health awareness and encourage open conversations about emotional well-being. Regular checkups and preventive screenings play an important role in supporting lifelong health and wellness.

Take Action

- Schedule routine medical checkups and preventive screenings
- Stay physically active and maintain a balanced diet
- Prioritize mental health and stress management
- Encourage open conversations about health concerns
- Learn family health history and risk factors

Men's Mental Health Awareness

Mental health is an important part of overall health and well-being. During Men's Health Month, individuals are encouraged to help reduce the stigma surrounding mental health and support men in seeking care when needed. According to NAMI (National Alliance on Mental Illness), fostering supportive environments and increasing awareness of available mental health resources can play an important role in promoting emotional well-being and overall wellness.

Sources: Men'sHealth; NAMI

National HIV Testing Day (June 27)

National HIV Testing Day serves as a reminder of the importance of HIV testing and encourages individuals to take charge of their health through early detection and prevention. Knowing your HIV status is an important step in protecting your health. Testing is quick, confidential, and often available at low or no cost. Early detection allows individuals to access care and treatment that can improve health outcomes.

💡 Take Action:

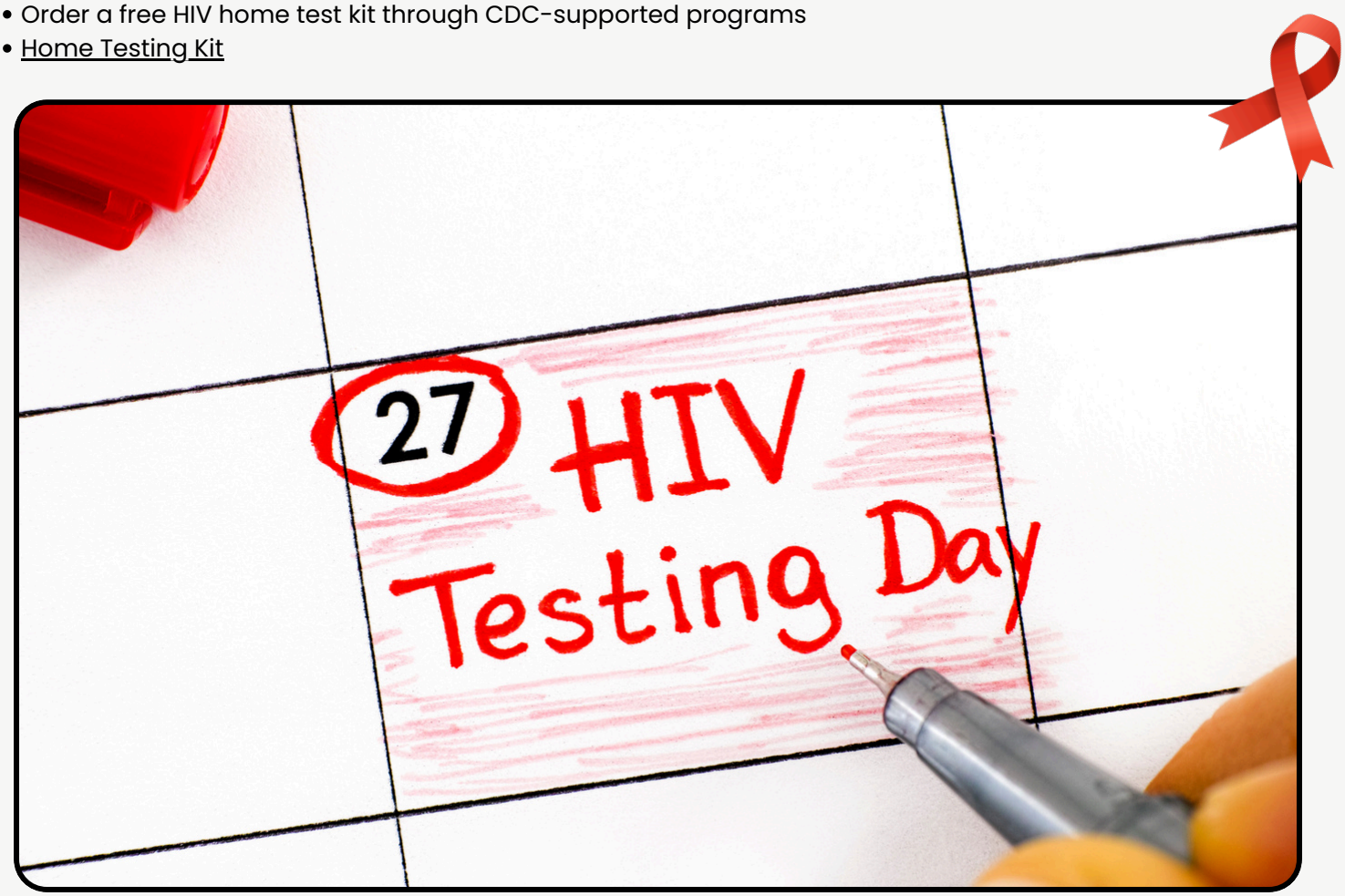
- Get tested
- Encourage others to know their status
- Utilize local and free testing resources

📍 Free Local Testing (Florida):

- Florida Department of Health offers free or low-cost HIV testing at local health departments
- Visit: Florida Health

🏠 Free At-Home Testing Option:

- Order a free HIV home test kit through CDC-supported programs
- Home Testing Kit



SOURCES: HIV.GOV; CDC.GOV: