



# Tips

Try sending our Wise & Well Tips of the Week to your employees for quick, easily digestible health and well-being tidbits they can incorporate into their daily lives.

– Your Wise & Well Team

## 5 Ways to Celebrate Pride Month

June is Pride Month, the time of year when we celebrate the impact that lesbian, gay, bisexual, transgender and queer individuals have had on history. It's a great time to recognize the contributions of your LGBTQ+ peers, learn a little bit more about LGBTQ+ history, celebrate diversity, and consider the ways that you can contribute to creating a more inclusive society.

June 2

### Attend a Pride Parade or Event.

From Singapore to Toronto and everywhere in between, there are many popular festivals and parades to attend throughout the months of June and July. To find pride events in your city, check out [this useful guide](#).

June 9

### Volunteer or Donate.

Give back to the community through a volunteer initiative, such as supporting a local LGBTQ+ youth or community center or raising money for a charity, such as the [Human Rights Campaign Foundation](#). To find a great charity, try using [Charity Navigator](#).

June 16

### Educate Yourself.

Do you know why we celebrate LGBTQ+ Pride Month in June? Spend some time learning about the history of Pride, a movement precipitated by the Stonewall Riots in 1969 in New York.

June 23

### Support LGBTQ+ Art and Culture.

The LGBTQ+ art community is vibrant, influential and pervasive. Go see an LGBTQ+-themed show or movie, visit an LGBTQ+ art gallery or buy an album from an LGBTQ+ artist.

June 30

### Consider your company's LGBTQ+ Inclusivity

Does your company have a culture and resources that promote LGBTQ+ inclusivity? Is there something you can do to make LGBTQ+ coworkers feel more comfortable in your office? Is there a benefit that excludes LGBTQ+ employees? Start a dialogue and make resources available to try to create a workplace where LGBTQ+ employees will feel valued and accepted.

Source: [thomsonreuters.com](https://www.thomsonreuters.com)