

Shelby County Schools Coordinated School Health

June 2020



Men's Health Month

Awareness. Prevention. Education. Family.

The purpose of this month is to bring awareness to preventable health problems and encourage early detection and treatment of disease among men and boys.

Check out www.menshealthmonth.org for useful tips, resources, medical links and more to make sure you are your healthiest you.



Men of SCS can get FREE B-12 shots and blood pressure checks!

June is Men's Health Awareness Month, and SCS is doing its part to promote men's health by offering FREE B-12 injections and blood pressure checks at the SCS Family Care Clinic. Be sure to call ahead (416-6079), and don't forget your SCS badge.

Follow us on social media for your school and district health and wellness updates:



[scscoordinatedschoolhealth](https://www.instagram.com/scscoordinatedschoolhealth/)

Stay Alert

June Dates

Cataract Month

PTSD Month

Men's Health Month

Migraine and Headache Month

Child Vision Month

Alzheimer's and Brain Month

Fresh Fruits and Vegetables Month

Go online for more info about these important awareness's!

Fresh Fruit and Vegetable Month and PTSD Awareness Month

June 2020

Fruits and Vegetables

Always Remember to Eat Your 5!

With growing season in full swing, now is a great time to get an abundant selection of fresh fruits and vegetables from your local grocery, farmers market or farm!



Always Remember to eat 5 fruit and veggies a day!

Resources

www.heart.org

www.fruitsandveggies.org

PTSD

Am I able to recover?

PTSD stands for Post-Traumatic Stress Disorder. It affects roughly 7 to 8 percent of the population and can affect all ages.

- PTSD develops when people have experienced a shocking, scary or dangerous event.
- It normally starts within 3 months of the event.
- Some of the symptoms can be flashbacks, bad dreams, frightening thoughts and all these are reoccurring after the event.
- Check out the National Institute of Mental Health if you think you or someone you know is experiencing signs of PTSD and find out where to start on the road to recovery...

Resource

<https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml>

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