

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1 WELCOME TO JUNE!** A NEW MONTH IS A FRESH OPPORTUNITY TO REACH YOUR GOALS. FOLLOW ALONG THIS MONTH AS WE EXPLORE HOW TO INCORPORATE MORE FRUITS AND VEGGIES INTO YOUR DIET!

**2 CANCER SURVIVORS DAY:** HONOR SURVIVORS AND ENCOURAGE ROUTINE SCREENINGS. EARLY DETECTION SAVES LIVES. LEARN MORE ABOUT PREVENTATIVE SCREENINGS.

**3 PREPARATION IS KEY:** THE KEY TO STAYING ON TRACK IS PLANNING. HAVE NUTRITIOUS OPTIONS READY SO YOU'RE NOT TEMPTED BY UNHEALTHY CHOICES WHEN YOU'RE ON THE GO. [CHECK OUT SOME HEALTHY RECIPES HERE!](#)

**4 IN RECOGNITION OF PRIDE MONTH:** WE CELEBRATE DIVERSITY, PROMOTE INCLUSION, AND AFFIRM THAT EVERYONE DESERVES ACCESS TO CARE, SUPPORT & RESPECT. LET'S CONTINUE BUILDING A WORKPLACE WHERE EVERYONE FEELS SEEN, SAFE, AND VALUED.

**5 YOUR HABITS TODAY, BECOME YOUR LEGACY TOMORROW.**

**6 FEEL GOOD FRIDAY:** TAKE A MOMENT TO STRETCH, BREATHE, AND RESET. SMALL ACTS OF CARE TODAY SET THE TONE FOR A HEALTHIER WEEKEND AHEAD.



**7 GLOBAL RUN DAY!** FLEET FEET IS TEAMING UP WITH LOCAL RUN GROUPS TO CELEBRATE GLOBAL RUNNING DAY. **ALL PACES & ALL FACES ARE WELCOME!**  
**7 AM @ LAKE MAYER COMMUNITY PARKS, 1850 E MONTGOMERY RD.**

**8 MEN'S HEALTH WEEK:** TAKE TIME FOR YOUR CHECKUPS, SCHEDULE YOUR SCREENINGS, AND KNOW YOUR NUMBERS. **PROTECT YOUR FUTURE - FOR YOURSELF, AND THOSE WHO COUNT ON YOU.**

**9 MEN: PROSTATE HEALTH MATTERS!** SCHEDULE YOUR PSA SCREENING AND TAKE CHARGE OF YOUR WELL-BEING. **EARLY DETECTION SAVES LIVES.**

LEARN MORE ON JUNE 26 AT THRIVING THURSDAY WITH STEVEN PRATER.

**10 EQUAL EMPLOYMENT OPPORTUNITY / DIVERSITY POLICY TRAINING SESSION.**

- NOON - 1:30 PM
- ROOM 104, ADAM'S COMPLEX, 20 INTERCHANGE DR.



**11 WHAT'S UP WEDNESDAY: EMPLOYEE WELLNESS: BUILDING A BALANCED LIFE.** JOIN ANDREA ALLEN FOR MENTAL HEALTH STRATEGIES, STRESS MANAGEMENT TIPS, HEALTHY WORK-LIFE BALANCE, AND RESOURCES FOR SUPPORT.

- 11 AM - 12 PM
- EARN 1 TRAINING HOUR

**12 FINANCIAL WELLNESS RETIREMENT READINESS: PENSION, 457, AND BENEFITS CLASS.**

- SPD PROFESSIONAL DEVELOPMENT CENTER, AUDITORIUM
- 9 AM - 12 PM



**13 THE BLOOD CONNECTION**  
 Your Community Blood Center

[DONATE BLOOD. SAVE LIVES. THE BLOOD CONNECTION IS HERE!](#)

- 9 AM - 1 PM
- SAVANNAH CIVIC CENTER, 301 W OGLETHORPE AVE.

**14 MOVE WELL: HOOP IT UP!** LOVE BASKETBALL? TEXT 55498 WITH BBALL TO JOIN THE LIST AND GET NOTIFIED ABOUT THE NEXT CITY OF SAVANNAH PICK UP GAME. DON'T MISS YOUR CHANCE TO HIT THE COURT!



**15 TODAY, HONOR THE FATHER FIGURES WHO LEAD WITH LOVE, STRENGTH, AND SUPPORT.** CELEBRATE WITH CONNECTION & MEANINGFUL CONVERSATION.



**16 STRONG DOES NOT MEAN SILENT: BREAK THE STIGMA AROUND MENTAL HEALTH.** PRIORITIZE YOUR MIND, MANAGE STRESS, AND REACH OUT FOR SUPPORT. [LEARN HOW OUR EMPLOYEE ASSISTANCE PROGRAM CAN HELP YOU.](#)

**17 NATIONAL EAT YOUR VEGETABLES DAY:** THE USDA RECOMMENDS EATING 5 TO 9 SERVINGS OF VEGGIES A DAY. CHECK OUT SOME HEALTHY RECIPES FOR YOUR NEXT MEAL!



**18 FITNESS REIMBURSEMENT PROGRAM:** ACTIVE CITY EMPLOYEES ARE ELIGIBLE TO RECEIVE UP TO \$40/MONTH BY ATTENDING A GYM OR PARTICIPATING IN ONLINE CLASSES AT LEAST 8X A MONTH. [LEARN MORE HERE!](#)



**19 JUNETEENTH**  
 CITY OFFICES ARE CLOSED. **JUNETEENTH HONORS FREEDOM, PROGRESS, AND REFLECTION. USE THIS TIME TO CELEBRATE CULTURE, REST, OR CONNECT WITH YOUR COMMUNITY.**

**20 FIRST DAY OF SUMMER:** A NEW SEASON IS OFFICIALLY HERE! ENJOY SUMMER AND GET OUTSIDE FOR SOME EXERCISE. GO FOR A BEACH WALK OR TAKE A SWIM WITH YOUR FAMILY.



**21 4TH ANNUAL 910; BRETT J MORRIS AVENGER FOUNDATION PTSD AND MENTAL HEALTH AWARENESS 5K!**

- 8 AM AT 136 RED GATE FARMS TRAIL
- [LEARN MORE HERE!](#)



**22 SELF-CARE SUNDAY:** MAKE SPACE FOR YOU—REST, UNPLUG, AND RECHARGE HOWEVER YOU NEED.

**23 NATIONAL HYDRATION DAY:** AIM TO DRINK EIGHT 8-OUNCE GLASSES OF WATER EVERY DAY. SPREAD IT OUT THROUGHOUT THE DAY TO STAY HYDRATED!



**24 SAV4 Health**  
 COMPLETE YOUR [WELLNESS ACTIVITIES TODAY AND SAVE \\$1000 ON 2026 MEDICAL PREMIUMS!](#) LOG IN TO YOUR ACCOUNT [WWW.CITYOFSAVANNAHHEALTHPL.AN.COM](http://WWW.CITYOFSAVANNAHHEALTHPL.AN.COM) OR CALL 866-360-7926.

**25 EACH ACT OF SELF-CARE IS A VOTE FOR THE LIFE YOU WANT TO LIVE.**

**26 Thriving Thursday's**  
**STRONG & HEALTHY: MEN'S WELLNESS ESSENTIALS.**

- 2:30 - 3:00 PM
- ROOM #104 ADAMS COMPLEX, 20 INTERCHANGE DRIVE
- [REGISTER HERE](#)

**27 SHARE YOUR WELLNESS WINS!** HAVE YOU EXPERIENCED A POSITIVE CHANGE THROUGH THE SAV4 HEALTH WELLNESS PROGRAM? **WHETHER IT'S BIG OR SMALL—WE WOULD LOVE TO HEAR HOW WELLNESS IS SHOWING UP IN YOUR LIFE.**

- [SUBMIT HERE](#)

**28 FORSYTH FARMERS' MARKET:** FEATURING OVER 70 LOCAL FARMERS AND FOOD PRODUCERS OFFERING FRESH, AFFORDABLE FRUITS & VEGGIES!

- 9:00 AM - 1:00 PM
- FORSYTH PARK, SAVANNAH, GA

**29 FUEL YOUR BODY:** EATING THE RIGHT FOOD AFTER EXERCISE IS VERY IMPORTANT. GRAB PROTEIN-PACKED OPTIONS LIKE NUTS, GREEK YOGURT, OR LOW-FAT STRING CHEESE.

**30 THANK YOU JUNE:** REFLECT ON ALL YOU'VE ACCOMPLISHED THIS MONTH. LOOK BACK ON YOUR WINS. SMALL, CONSISTENT CHOICES LEAD TO BIG CHANGES. YOU SHOWED UP—AND WE'RE PROUD OF YOU!



Scan for the digital copy of the **BenefitU Interactive Calendar.** Enjoy daily tips to help practice activities that support your health & wellbeing.

This June, we celebrate strength in every form—physical health, fatherhood, personal resilience, and the power of community. From honoring Men's Health Month and Pride Month to reflecting on Juneteenth and embracing the start of summer, this month reminds us that well-being is multifaceted. Whether you're prioritizing preventive care, moving your body, or supporting others, your daily choices build a legacy of strength.

Our theme, "Health is Power. Pass It On," is a call to action—to lead by example, to care for yourself boldly, and to uplift others along the way. Real strength includes asking for help, fueling your body, setting boundaries, and showing up with care. Let June be your reminder: your health is not just for you—it empowers those around you, too.