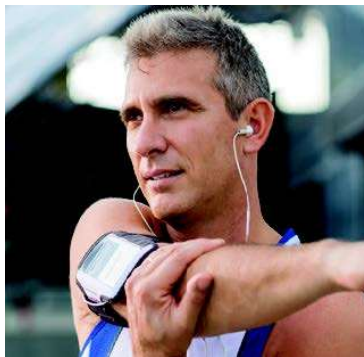




JUNE WEBINARS



FOR GREAT OUTDOORS & MEN'S HEALTH MONTH



3 Simple Tips to help prevent the top threats to men's health

Men are more at risk of an early death from leading (and preventable) causes. The good news is that there are simple steps that men can take to help improve their health today! This webinar, led by Texas DPS, will focus on three simple steps that can help prevent the top threats for men.

June 4th
10 a.m. & 12 p.m.



Walk on the Wild Side: How to reap the benefits of the outdoors

Get inspired and informed with this webinar featuring the dynamic Rodney Franklin, Texas State Parks Division Director at the Texas Parks and Wildlife Department (TPWD). Director Franklin will share his love of the outdoors and strategies for you and your family to enjoy the amazing health benefits of being outside.

June 11th
10 a.m. & 12 p.m.



Outdoor Workout Tips & Tricks

Research shows a strong connection between being in nature and our physical and emotional health. This webinar will provide tips and tricks to get the most out of your outdoor workouts while staying safe.

June 18th
10 a.m. & 12 p.m.



Quick Nutrition on the Go

Learn practical tips that can help anyone and everyone, especially men, during this webinar. Texas Ranger Gary Philips will share some of the lessons he's learned about eating healthy out on the road.

June 25th
10 a.m. & 12 p.m.