

wellness express

a monthly insight into St. Johns County wellness happenings

JUNE 2018



Back to Basics



Warm weather is here and that means summer vacation is just around the corner. Great Outdoors Month is being recognized by all 50 states again, making the month of June an excellent time to experience healthy and active outdoor fun. Whether the great outdoors means visiting a community park or national forest, conquering a challenging trail or simply spending time experiencing nature with your family, there is a place for you without having to travel outside of St. Johns County. There are many organized activities and events related to the celebrations encompassed by Great Outdoors Month. They include National Trails Day (June 2), National Fishing and Boating Week (June 2-10) and the Great American Campout on June 23rd. Once you realize the educational, economic,

health and social benefits of being active outdoors, you won't want to go back inside. That's okay because our Parks and Recreation Department has an enthusiastic naturalist team that manages passive parks and offers nature based experiences at minimal or no cost to you. To learn about unique recreational opportunities, sign up for their monthly e-newsletter on the Parks and Recreation page at: <http://www.sjcfl.us/Recreation/index.aspx> Beginning this month, I encourage you to set aside time to connect with nature. Send in a picture of you spending time outdoors to be entered into a raffle for 1 of 2 Florida State Park annual passes.

Send pictures to: dzupansic@sjcfl.us



Screening Events

June 6 | 12pm - 6pm

SJSO Squad Room

June 25 | 12pm - 7pm

SE Branch Library

Employees and spouses must make separate appointments. If you can't make one of the remaining events, visit your physician and have the verification form completed. For more information, visit: <http://ec.sjcfl.us/home/PHA>



Lunch-n-Learn

Living with Snakes and Gators

Wednesday | June 27 | 11:30am-12:30pm

Enjoy a delicious lunch while learning about the various species of snakes we have in our area, unique characteristics of both snakes and alligators, as well as how to live with these amazing native neighbors. *Class counts as training.

To sign up, visit the Wellness Page or send an e-mail to dzupansic@sjcfl.us