



Wheeler

Innovative Care. Positive Change.

June 2019

MEN'S HEALTH MONTH

Wheeler's Health Spotlight



JUNE IS MEN'S HEALTH MONTH

June is Men's Health Month, a reminder for men to consider their health and steps to achieve overall wellness through behavior changes, early detection, screening, and treatment. According to the [Office of Disease Prevention and Health Promotion](#), men need to pay more attention to their health and are more likely than women to smoke, make unhealthy choices, or delay regular checkups and medical care.

For men and their loved ones, the Centers for Disease Control and Prevention recommends a diet rich in fruits and vegetables; regular physical activity; not smoking; and recognizing and managing stress. More details for promoting and maintaining good health are [here](#).

[Wheeler's Family Health & Wellness Centers](#) in Hartford, New Britain and Bristol offer

an array of preventive services for men, including screenings for diabetes, cholesterol, prostate cancer, cardiovascular disease and hypertension, as well as tests for STDs, including HIV, Hepatitis C, and more. Treatment and specialized linkages to care are offered. On-site preventive dental care and complementary medicine such as acupuncture, [chiropractic services](#), and [nutritional counseling](#) also are available. To schedule an appointment, or to learn more, call Wheeler's Navigation Center at 860.793.3500.

Men's Health Resources and Information

[Men's Health Network](#)

[Men's Health Resource Center](#)

[U.S. National Library of Medicine, Medline Plus](#)

[WebMD](#)

Nutrition Matters

Wheeler is helping men, women and families to take charge of their physical and mental health by understanding the role that food plays in overall wellness and helping patients to learn about—and practice—good eating habits. Jessica Masterson, RDN, CDE, CDN, offers nutrition counseling services at our Family Health & Wellness Centers in [Hartford](#) and [New Britain](#) and talks about her services in a new video.

Click on the image to the right to access the video, or visit WheelerClinic.org/Nutrition.



Hail Caesar!



This summer, add an easy-to-make Caesar salad with chicken to your lunch or dinner menus!

Click [here](#) for this recipe, higher in protein and lower in fat than most restaurant salads.

Source: verywellfit.com

Did You Know?

June is also National Safety Month, an observance focused on reducing the leading causes of injury and death at work, on the road, and in our homes and communities. Resources from the National Safety Council feature safety-related topics, including hazard recognition, and avoiding slips, trips and falls, fatigue, and impairment. Click [here](#) for more.

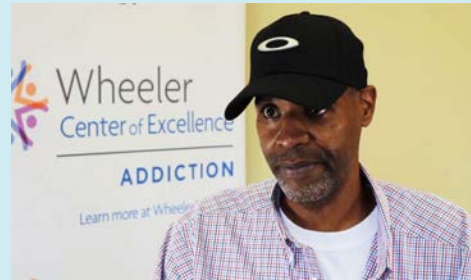
NATIONAL
SAFETY
MONTH 2019

NEWS YOU MAY HAVE MISSED

Stories of Recovery: Rod

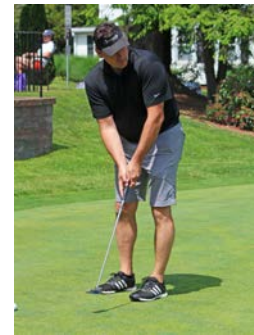
"People are dying. And I don't want to be a statistic."

Rod, a patient at [Wheeler's Family Health & Wellness Center](#), said he knew he had to make a change in his life. Through [peer support](#), [medication-assisted treatment](#), and [integrated primary and behavioral health care services](#) at Wheeler, Rod is now looking ahead to the future, hoping to give back. Click on the image to the right, or visit our website to [watch his story of recovery](#).



34th Annual Golf Classic Presented by Mutual of America Raises Nearly \$60,000, Crosses \$1.2-Million Lifetime Fundraising Mark

More than 150 golfers, supporters, volunteers, and friends took part in [Wheeler's 34th Annual Golf Classic](#) presented by [Mutual of America](#) at the Country Club of Farmington on June 10—an event that raised nearly \$60,000 and crossed the \$1.2-million fundraising mark since its inception in 1986. More [here!](#)



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