

W2 Monthly Communications Update

June 2023

Key Topics

This month you should be focusing your efforts on **Physical Optimization** and **Tobacco, Drugs and Alcohol Abuse**. Visit the following links for resources on these areas:

Physical Optimization: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Physical-Optimization/>

Tobacco, Drugs and Alcohol Abuse: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Tobacco-Drugs-Alcohol-Abuse/>

Health Observances

Daily:

- 03 June – World Bicycle Day
- 07 June – Global Running Day
- 08 June – National Best Friends Day
- 10 June – Global Wellness Day
- 10 June – National Family Health and Fitness Day
- 14 June – World Blood Donor Day
- 17 June – National Eat Your Vegetables Day
- 18 June – Father’s Day
- 21 June – International Yoga Day
- 21 June – First Day of Summer
- 27 June – National HIV Testing Day
- 27 June – National PTSD Awareness Day

Weekly:

- National CPR & AED Awareness Week (01 June – 07 June)
- International Men’s Health Week (12 June – 18 June)

Monthly:

- Men’s Health Month
- PTSD Awareness Month
- Alzheimer's and Brain Awareness Month
- Migraine and Headache Awareness Month

MHS Monthly Observances:

- N/A

Social Media

Each month you should complete **at least one** of the following items through your command's social media page:

- Like the W2 Facebook page: www.facebook.com/warfighterwellness/
- Follow the W2 Instagram account: www.instagram.com/warfighterwellness/
- Like, comment, or share a post from the W2 Facebook and/or Instagram page.