

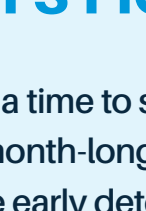
FIND YOUR **HealthyWay** MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources



It may not be said often enough during the year, but on Father's Day we want to celebrate and appreciate all of the wonderful things that fathers, father figures, dads, pops, and papas contribute to our lives each and every day. Most of all, we thank you for your strength, character, knowledge, sense of humor (yes, even those dad jokes), and of course, the love and support you've given us throughout the years. On Father's Day, we wish you good health and vitality, more energy to spend with your loved ones, and a day that's all about you. Happy Father's Day!

As for dad jokes, enjoy this classic: "When I was a kid, I said to my father one afternoon, Daddy, will you take me to the zoo? He answered, if the zoo wants you, let them come and get you."
— Jerry Lewis



Let's talk about men's health! June Is Men's Health Month

June is National Men's Health Month, a time to support men in putting their health and well-being as a top priority. The month-long campaign aims to raise awareness, prevent health problems and promote early detection and treatment of diseases, such as cancer, heart disease, and depression. The official symbol of Men's Health Month is a blue ribbon.

This month we invited Dr. Allen Lawrence to answer some of your questions about men's health and important topics that concern men.

What are some important steps that I can take to improve my health?

During Men's Health Month, we encourage men to adopt healthy lifestyle choices, such as eating a balanced diet, exercising regularly, self-checks, hydrating, and staying up-to-date with recommended health screenings. Prostate cancer, testicular cancer, heart disease, and mental health concerns including depression and anxiety are among the leading health issues that are common to men.

What exams and screenings should I see my doctor for, and how often?

- Men who are 50 and over should see their doctor for a yearly physical exam. Men under 50 should have a physical exam every 3-5 years.
- Speak with your doctor or healthcare professional about the state of your mental and emotional health, and if you are experiencing depression or anxiety
- Make sure to have your blood pressure checked at least every 2 years, or more frequently if you are at greater risk for having high blood pressure

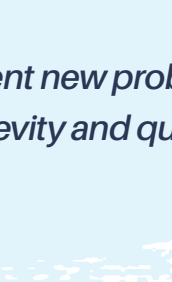
There are other recommended screenings that help to detect cholesterol level, diabetes, colon cancer, prostate cancer, and lung cancer. Make sure to discuss these options with your doctor during your physical exam.

It's important to keep up with your physical exams so you and your doctor can work together to keep you on the path to good health.

For a full list of free and low-cost preventive services, visit: www.healthcare.gov

Sources: healthcare.gov, CDC.gov, The Mayo Clinic

About Allen L. Lawrence, M.D.



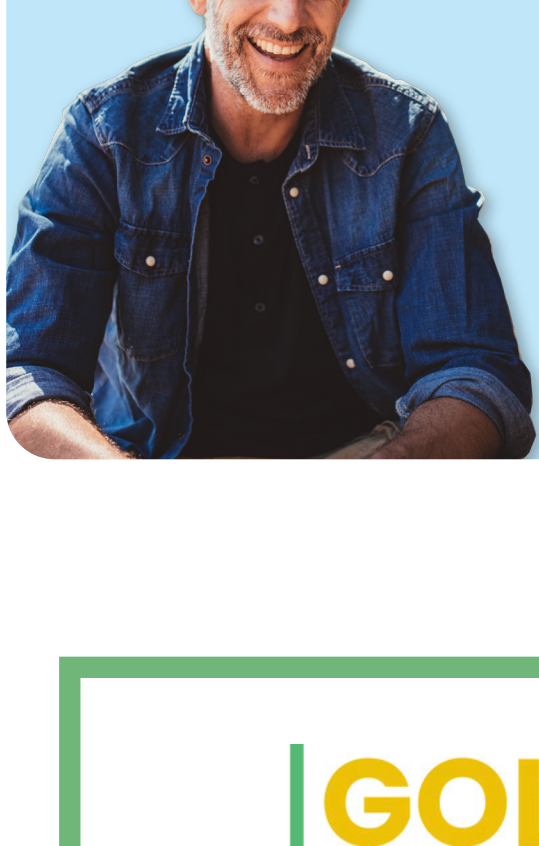
Dr. Lawrence proudly serves the city of Northridge and surrounding San Fernando Valley communities. He brings more than 54 years of experience caring for patients of all ages with a focus on prevention, male and female hormone replacement therapy, women's health, nutrition, stress, and stress-related disorders and illnesses. Dr. Lawrence has practiced in every aspect of medicine with a Master's degree in Human Nutrition, and a Ph.D. in Psychology. He has written and published 23 books on prevention, wellness, nutrition, stress and medical problem solving.

"My philosophy is to heal the problems that exist, prevent new problems from occurring, create optimal wellness, and to ensure longevity and quality of life."
— Dr. Lawrence

Doc Talk: "Male Menopause"

Presented by Dr. Allen Lawrence

To continue honoring June being National Men's Health Month, we invite you to join Dr. Lawrence for an informative discussion to learn about "male menopause", how to recognize the symptoms, causes and discover what treatments are available.



Friday, June 2, 2023 • 9:30 a.m. - 10:30 a.m.
Las Palmas Park
505 S. Huntington St., San Fernando, CA 91340
Free Parking

Please RSVP to Las Palmas Park by calling
(818) 898-7340.

GOLDEN FUTURE 50+ Senior Expo

Comes to Woodland Hills!

Don't miss the Golden Future Expo in Woodland Hills! This fun event will feature speakers, interactive workshops, live entertainment, raffles, games, giveaways, job listings, and the best selection of products and services focused on enhancing the lives of seniors in SoCal. Make sure to stop by our booth for free promo items and giveaways. We'll also have a Medicare specialist to answer any questions that you may have about 2023 Medicare coverage and benefits. Learn how to enroll and what changes to expect this year. We look forward to seeing you there!

Saturday, June 10, 2023 • 9:00 a.m. - 1:30 p.m.
Hilton Woodland Hills Hotel
6360 Canoga Ave., Woodland Hills, CA 91367



For more information, visit
www.GoldenFutureSeniorExpo.com.



Smile and say "Quiche!"

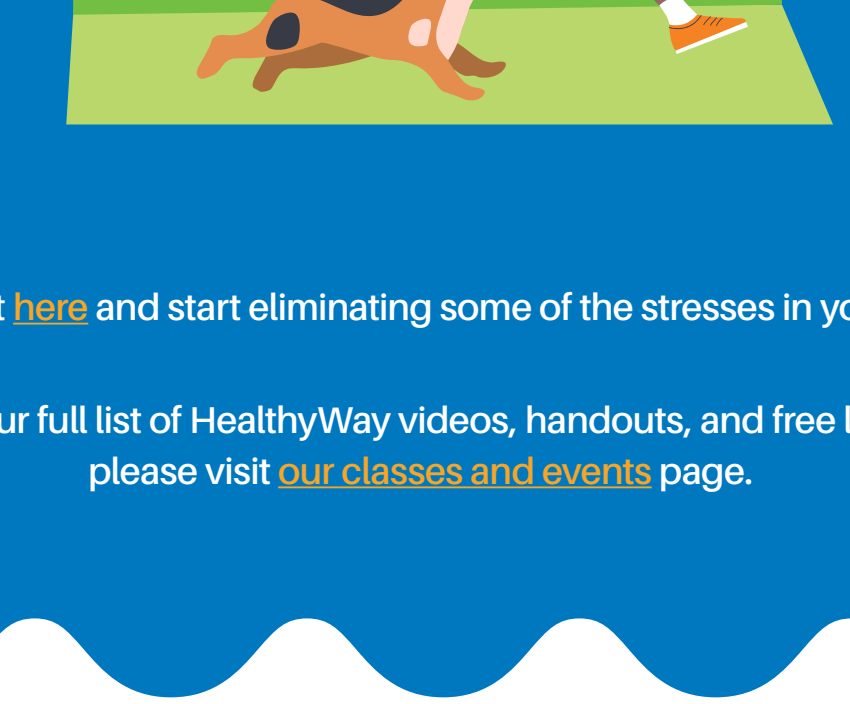
Gear up your summer morning with this Southwest Breakfast Quiche.

Rise and shine, brunch lovers! We've got a quick and easy recipe that's sure to satisfy your cravings, and give you the energy you need to tackle the day. Say hello to this yummy crust-less quiche! With egg whites, whipped cottage cheese (or a substitute of your choice), cheddar cheese, and canned chili peppers, this recipe is packed with flavor that will leave your taste buds dancing. And with 16 grams of protein and only 10 grams of carbohydrates per serving, this quiche is a healthy and filling way to start your day.

[Get the full recipe here](#)

Feeling a little stressed? Learn tips to unwind with our on-demand video!

In this video, you will learn and understand the origins of your stress while providing practical tips for reducing stress in your life. Reducing stress will help to improve your quality of health and emotional well-being.



Watch it [here](#) and start eliminating some of the stresses in your day.

To access our full list of HealthyWay videos, handouts, and free live classes, please visit [our classes and events page](#).