

JUNE 2026 NEWSLETTER

JUNE IS MEN'S HEALTH MONTH TAKE CHARGE OF YOUR WELL-BEING

June is Men's Health Month, a time dedicated to raising awareness about the importance of preventative care and encouraging men to take an active role in their health.

While many health conditions can develop quietly over time, regular check-ups and simple lifestyle changes can make a lasting difference. At Metro Health, we are committed to helping men stay healthy, informed, and proactive at every stage of life.

Why Men's Health Matters

Many men tend to delay routine medical visits, often only seeking care when symptoms become serious. However, early detection and prevention are key to maintaining long-term health and independence.

Common conditions that affect men include:

- High blood pressure
- Heart disease
- Diabetes
- Prostate health concerns
- High cholesterol

The good news is that many of these conditions can be managed—or even prevented—with regular monitoring and the right care plan.



Know Your Numbers:

One of the most important steps you can take is understanding your health baseline.

This includes:

- Blood pressure
- Blood sugar levels
- Cholesterol levels
- Weight and body mass index

Tracking these numbers over time allows your healthcare provider to catch potential issues early and guide you toward healthier outcomes.







JUNE 2026 NEWSLETTER

701 South Orange Blossom Trail Apopka, FL 32703

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 ZUMBA AT 10 AM	3  K2 MEMORY SCREENINGS GARDENING 101 AT 1:00PM	4 TAI CHI/QIGONG AT 9:30AM	5
8 LEARN HOW TO GET AN EMAIL ACCOUNT 11AM	9 ZUMBA AT 10 AM	10	11 TAI CHI/QIGONG AT 9:30AM	12
15	16 ZUMBA AT 10 AM	17 GUITAR GROUP AT 11AM 	18 TAI CHI/QIGONG AT 9:30AM	19
22	23 ZUMBA AT 10 AM	24	25 TAI CHI/QIGONG AT 9:30AM	26
29	30 ZUMBA AT 10 AM	NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!		

10025 East Colonial Drive Orlando, FL 32817

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LINE DANCING AT 10AM TAI CHI/QIGONG AT 11AM	2 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	3 ZUMBA AT 10 AM TAI CHI AT 11AM	4 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	5
8 LINE DANCING AT 10AM TAI CHI/QIGONG AT 11AM	9 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	10 ZUMBA AT 10 AM TAI CHI AT 11AM	11 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	12
15 LINE DANCING AT 10AM TAI CHI/QIGONG AT 11AM	16 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	17  K2 MEMORY SCREENINGS ZUMBA AT 10 AM TAI CHI AT 11AM	18 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	19
22 LINE DANCING AT 10AM TAI CHI/QIGONG AT 11AM	23 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	24 ZUMBA AT 10 AM TAI CHI AT 11AM	25 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM	26
29 LINE DANCING AT 10AM TAI CHI/QIGONG AT 11AM	30 SNEAKERS CLASSIC AT 10AM CHAIR YOGA AT 11AM		NOT A PATIENT YET? SCAN THIS CODE NOW TO JOIN GOLDEN TIMERS CLUB FREE!	 WEEKLY EXERCISE CLASSES BY SILVER SNEAKERS