





June 2026 Men's Health Month

# COMMUNITY UNITED FOR MEN'S HEALTH

\*All events are open to SRPMIC members. Family & spouses of SRPMIC members and SRPMIC Employees\*

## Diabetes Prevention Services Weekly Seminars starting at 12:00 pm

Learn about the latest health trends and research. Take charge of your well-being. Connect with a supportive community and improve your overall quality of life. Target to Men but all are welcome

-  **Wednesday June 3rd**  
**Core Truth: The Foundation of Strength**  
Dion Begay, Senior Fitness Specialist
-  **Wednesday, June 10**  
**Raising Warriors: Fatherhood, Health & Responsibility**  
Eric Makil, Community Wellness Technician
-  **Wednesday June 17**  
**Growing Wellness: O'odham & Piipaash Plants, Food, and Men's Health**  
Jared Butler, Community Garden Technician
-  **Wednesday, June 24**  
**Shoulder Health**  
Dr. Kevin Williams, Clinical Director of Physical Therapy



All Seminars will be held in person at Ske:g Himdag Ki: or Virtual



TO REGISTER OR FOR MORE INFORMATION  
CONTACT:

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Diabetes Prevention Services