

Triple-H News

June 2025 Newsletter



MEN'S HEALTH



June is National Men's Health Month!

What is so important about Men's Health?

The month of June is National Men's Health Month, but why is it so important? Men's Health is important because men aging from 15 to 65 years of age are less likely than women to seek preventive care and many of men in this age range also report not having a primary care provider.

This month is all about encouraging men of all ages to go to the doctor when needed, to discuss medical concerns, and to get necessary screenings and tests when needed.

What can men do about their health? Simple, TAKE ACTION TODAY!!

- Eat Healthy
- Exercise Daily
- Quit Tobacco & Vape Products
- Make Prevention a Priority
- Take Care of Your Mental Health

In this newsletter you can expect:

| | |
|---------------------------------------|-----|
| <i>National Men's Health Month</i> | 1 |
| Upcoming Events | 2-3 |
| National Cancer Survivors Day | 4 |
| Wear Blue Friday | 5 |
| Car Seat Safety & Safe Sleep Programs | 6 |
| Grief Support Group | 7 |
| Follow Us | 8 |

EVENTS

Upcoming Hoke County Health Department Events

The Hoke County Health Department is thrilled to host three amazing events during the month of June. Join us on June 13, 2025 for our CPR & First Aid Class! Then, on June 27, 2025 join us for our S.P.A.W Day (Stress, Pregnancy, And Women). There will be educational workshops, Olive Garden lunch served, and a Mary Kay Representative will be providing hand, feet, and face creams, along with a demonstration on how to use them! We we also be having a Community Yard Sale on June 28, 2025



CPR & FIRST AID TRAINING

JUNE 13, 2025 | 9:00 AM - 3:00 PM

HOKE COUNTY HEALTH DEPARTMENT
683 E. PALMER ST., RAEFORD, NC 28376

\$COST\$

- ✓ \$60 for both CPR & First Aid
- ✓ \$45 for 1 or the other

TO REGISTER OR FOR QUESTIONS:
SPOTS LIMITED

Call Ulva Little-Bennett at
(910) 875-3717 ext. 2104



S.P.A.W Day

STRESS, PREGNANCY, AND
WOMEN

*Calling all women who
are mothers, planning
to be mothers, or
currently expecting!*

Join the Hoke County Health Department for a day of workshops and relaxation! Our workshops will focus on maternal health, wellness, resources, & more! Lunch from Olive Garden will be provided!

 June 27, 2025

 9AM - 4PM (8:30AM Registration)

 Hoke County Health Department
683 E. Palmer St., Raeford, NC 28376



Raeford's very own Mary Kay Consultant, Valarie Allen-Jones will be providing face, hand, & feet care products to share & demonstrate with attendees!

Register Here!



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**COMMUNITY
YARD
SALE**

**JUNE 28TH
7 AM-11:30 AM**

DEADLINE TO RESERVE A TABLE: JUNE 23RD
PLEASE CONTACT:
SONYA FAIRLEY 910-875-3717 EXT 2143
TAMMY MCNEILL 910-875-3717 EXT 2110
683 EAST PALMER STREET
RAEFORD, NC 28376

The poster features a blue background with yellow stars at the top. The text is in bold yellow and white. At the bottom, there is an illustration of a yard sale setup with clothing racks, a table with a framed picture, boots, and shoes.



National Cancer Survivors Day - June 1, 2025

National Cancer Survivors Day is meant to be a celebration for those who have survived, an inspiration for those who have been diagnosed, a support system for families, and an outreach for the local community.

We want to use this day to remind everyone that life after cancer IS POSSIBLE!! And all survivors deserve the opportunity to be acknowledged, supported, and celebrated for their battle and the immense amount of strength and resilience that they each have.

This day is celebrated each year on June 2nd and serves as a focal point for people all around the world to unite and come together to recognize and support cancer survivors.

7 Tips to Reduce Your Risk of Cancer:

- Don't use tobacco or vape products
- Eat healthy foods
- Stay physically active
- Protect yourself daily from the sun
- Get vaccinated
- Stay clear of risky behaviors
- Get regular medical care

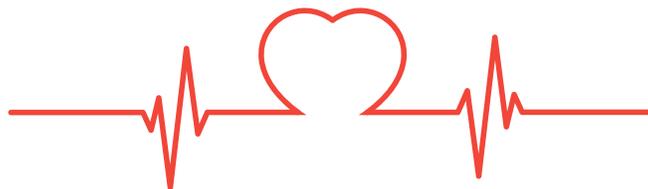


Wear Blue on Friday June 13th for Men's Health Awareness



Why Wear Blue on June 13th?

Wear Blue Day is a way for communities, government agencies, sports teams, and many others to come together and show their concern for the health and wellbeing of men. Make sure you wear your blue!



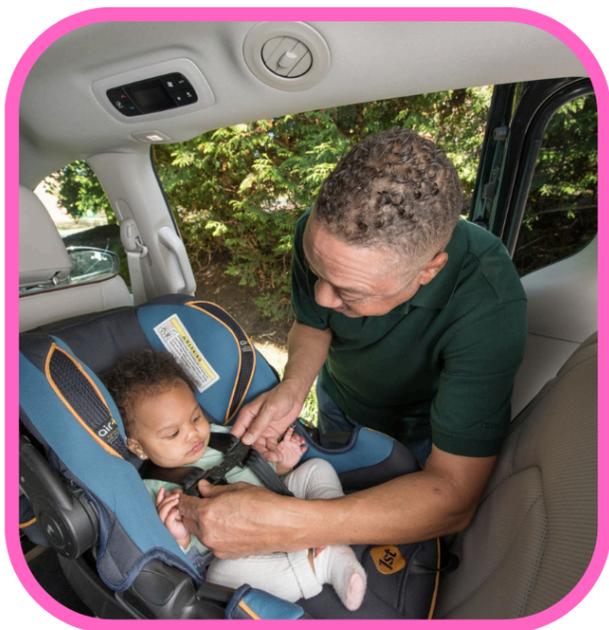
Key Facts About Men's Health

- Men are more likely to die from chronic & serious diseases like:
 - Heart Disease
 - Cancer
 - Mental Health
- More than 60% of adult American men are overweight or obese
 - Make sure to eat healthy and engaged in daily physical activity
- Only 3 out of 5 men get annual physicals

Car Seat Safety & Safe Sleep Programs



HOKE COUNTY HEALTH DEPARTMENT



ARE YOU IN NEED OF A CAR SEAT OR PACK & PLAY FOR YOUR CHILD?

The Hoke County Health Department has a Car Seat Safety Program & a Safe Sleep Program. The programs aim to keep your child safe in the car and while they sleep!

REQUIREMENTS

- Must be a Hoke County Resident & be able to show proof of residency
- \$25 with proof of Medicaid
- Proof of age for child (if born)



For more information, please contact (910) 875-3117 ext. 2152 or ext. 2104

Monthly Grief Support Group

Grief Support Group



A safe space to heal together

You are not alone

Join us for a time of healing and support on the 1st Monday of each month. Please RSVP by the 30th of the prior month by 5pm. To RSVP, please call (910) 875-3717 ext. 2144



Hoke County Health Department
683 E. Palmer St., Raeford, NC 28376



12pm - 1pm



CONNECT WITH US

Follow The Hoke County Health Department!

The Hoke County Health Department always has something going on, be sure to keep up with us on our website and social media pages so you never miss anything! We strive to keep the citizens of Hoke County up to date on public health matters and events through the power of social media and the internet.



Follow Us on Instagram
[@hokecountyhd](https://www.instagram.com/hokecountyhd)



Follow Us on Facebook
Hoke County Health Department



Follow Us on LinkedIn
Hoke County Health Department



Visit Our Website
<https://www.hokecounty.net/630/Health-Department>
