



June is [national great outdoors month](#) - so let's get outside and get moving!

This month's e-newsletter brings opportunities to experience Tai Chi, maintain fitness and durability at every age, protect yourself against tick and mosquito-borne illnesses, and more.

Upcoming Friends Life Care VigR® Wellness Workshop



Fight the Bite: What You Need to Know About Tick and Mosquito-Borne Illnesses (Friends Life Care VigR® Webinar)

Learn about common diseases associated with bug bites. Alexis Lambert, Montgomery County Office of Public Health, shares ways to protect against tick and mosquito bites using simple prevention steps.

[WATCH RECORDING](#)

Planning for the What Ifs in Life



The future is uncertain. **Your plan to handle it doesn't have to be.** Friends Life Care is here to help you **plan for the what ifs in life** so you can feel less anxious about the future and **more secure about what tomorrow may bring.**

[LEARN MORE](#)



5 Ways to Safely Socialize This Summer

Many of us crave **the summer socialization** we look forward to each year. But, as the pandemic wears on, is it possible? Absolutely, as long as you **stick to safety**. Here's how to **enjoy friends, family, activities**, and the outdoors in the coming months.

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Fitness and Durability at Every Age Friends Life Care VigR® Wellness Webinar Recording

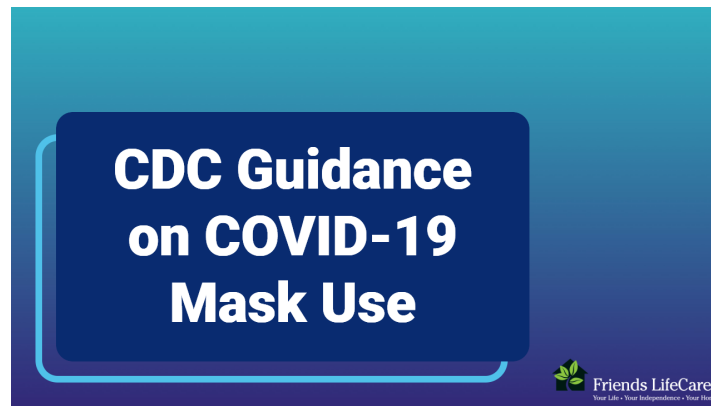


This Friends Life Care VigR® webinar recording is aimed at **helping you enhance your structural stability and confidence in daily movements** and keep you moving as freely as possible for years to come.

It is presented by Dr. Todd Serinsky, who in addition to his **Doctor of Chiropractic degree**, holds certifications in various areas of functional medicine, musculoskeletal rehabilitation, and soft tissue techniques. He explains the **best and most current practices** for optimal health.

[WATCH NOW](#)

COVID-19 Update



On May 13th, the CDC issued new guidance on COVID-19 mask use. **Fully vaccinated people no longer need to wear a mask or physically distance** in any setting, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

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Wellness and Care Coordination Corner

If you are feeling overwhelmed, depressed, or anxious, [learn how moving your body](#) can help you feel better.

The list of **physical health, mental health, and productivity benefits** derived from being outdoors is a long one. Check out [this article](#) to be sure that you don't miss out.

Now that we know the **many benefits of being outdoors and moving**, [here are ideas](#) for things to do. Of course, be mindful of COVID-19 precautions when making your plans.

[VigR® Wellness Webinar Library](#)

[VigR® Chats Library](#)



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