**MIND**

June celebrates **Juneteenth**, which commemorates the end of slavery in the United States. On June 19th, 1865 freedom from slavery was proclaimed in Galveston, Texas. On a yearly basis, this holiday is celebrated nationwide.

**PRIDE** is also celebrated this month to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States.

Here are resources and events that may be of interest for Juneteenth and PRIDE:

https://www.everfest.com/e/san-francisco-juneteenth-festival-parade-san-francisco-ca

https://www.thecrucible.org/juneteenth-2021-events/

https://sanmateopride.org

For additional tools or guidance, reach out to Wellness educators Jessica or Veronica!

**SPIRIT**

**Reflection space**

**Connection**

It is an undeniable human desire to feel connection to others. The Harvard study of adult development followed adults over 80 years.

These were significant findings in their research:

- The quality of our relationships has a significant influence on our **physical health**.

- **Close relationships** more than money or fame are what kept people happy throughout their lives.

What relationships are meaningful to you?

What relationships deplete you?

**BODY**

**On-the-go snack:** Three-ingredient tropical trail mix

**Ingredients:**

- 2 cups raw nuts (cashews are best)
- 1/2 cup large flake unsweetened coconut flakes
- 5 ounces dried mango (or dried fruit of your choice), chopped/cut into bite-size pieces

Preheat oven to 325 F and arrange nuts on a baking sheet.

Bake for 10-15 minutes, or until golden brown. In the last few minutes of baking (around the 8-minute mark), add the coconut flake. Remove from oven and let cool slightly. Then add dried fruit. Store at room temperature for up to 2 weeks or in the freezer for up to 2 months.