

# Upcoming Events

## RA WELLNESS COMMITTEE JUNE IS DIVERSITY & MEN'S HEALTH

June  
**01**

### DIVERSIFY: WELL-BEING TIPS

While most employees value their employer-sponsored benefits, many find it incredibly confusing to understand and select the best plan suited for them! OneDigital's Breakroom makes it easy to utilize and amplify health insurance, financial and wellbeing benefits to empower employees to make decisions with confidence and peace of mind.

[CLICK HERE](#) to take charge of your future by accessing a library of podcasts, webinars and more, to help you through every stage of your journey.

June  
**12**

### MEN'S HOBBY PHOTO SUBMISSION

Hobbies have shown to give us better physical health, more social connections, improved work performance, and increased happiness.

In celebration of Men's Health Month, Royal American MALE STAFF are asked to share a picture of themselves participating in their favorite hobby by [Monday, June 12](#). Submit your photo and tell us what your favorite thing about the hobby is: [wellness@royalamerican.com](mailto:wellness@royalamerican.com) (Hobby Examples: BBQ, Woodwork, Fishing, Gardening, Collectors, Sports, Art, Music, etc.)

June  
**16**

### BE PART OF WEAR BLUE DAY

National Wear BLUE Day is celebrated the Friday of Men's Health Week (June 12-18). Whether it is your friend, brother, dad, uncle, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue.

Please submit a photo individually or with your team by EOD [Friday, June 16](#), to be put in a drawing for a team luncheon. E-mail your photo to: [wellness@royalamerican.com](mailto:wellness@royalamerican.com). Please note that teams can ONLY consist of a MAXIMUM of 4 people.

Keep an eye out for additional Wellness Announcements & Informative Webinars on the Dispatch for the month of June! For questions contact: [Wellness@royalamerican.com](mailto:Wellness@royalamerican.com)