

# Monthly Newsletter

HEALTHY BY CHOICE  
POWERED BY PROCARE RX  
JUNE 2025



**"Strong men connect. Brave men feel. Healthy men ask"**

Welcome to June—a month of connection, celebration, and showing up for one another.

This edition of Healthy By Choice is dedicated to the men in our lives and the importance of whole-person health. We're honoring Men's Health Month by highlighting what it really means to be strong: present, connected, and well.

We're celebrating the men of ProCare Rx—not just for what they do, but for who they are. The mentors, fathers, sons, coworkers, and friends who show up each day with quiet courage, kindness, and commitment. Their health matters. Their voice matters. And this month, we're making space to honor that.

Our pillar of Connection reminds us that wellness is not a solo journey. It's rooted in how we relate to ourselves, how we show up for others, and how we live out our values day by day. Whether you're checking in with a coworker, having a hard conversation with a loved one, or simply taking five minutes to breathe and reset—connection is the bridge that strengthens everything else.

Inside this issue, you'll find:

- A new 4-week challenge designed to build deeper connection
- The Connected & Grounded coaching series, happening every Friday at 1:15 PM
- A spotlight on Rodarious Timmons, whose story inspires resilience and giving back

- A delicious recipe to keep your energy up
- Mental and physical health tips tailored to men's well-being
- And a message from one of our executive leaders reminding us that wellness isn't just encouraged—it's prioritized

We've also included some fun ways to get involved—like power walks, wellness events, and even 15% off a round of Topgolf to share some laughs and strengthen your social bonds.

Whether you're showing up for yourself, your family, your team—or all three—we see you. We appreciate you. And we invite you to reconnect with what matters most.

*Let's build strength through connection—  
all month long.*



# IN THIS NEWSLETTER YOU CAN EXPECT:

## Words of Encouragement:

A Heartfelt Note from Marc Cohen

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## Pillar: Connection:

Why real connection strengthens your health, purpose, and resilience

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## Main Theme: Men's Health:

Celebrating the strength, vulnerability, and wellness of the men in our lives

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## Employee Spotlight:

Strong Roots, Stronger Future – Meet Rodarious Timmons and his journey of motivation and legacy

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## Community News:

Event Announcements – Upcoming Wellness Events, Power Walks, Group Coaching Sessions, and Tips & Resources

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## Wellness Made for You:

Join our Healthy Challenges! Share Your Wins and Celebrate June Birthdays With Us

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## Searchword Game:

Find words related to connection, strength, and summer fun—it's wellness for your brain

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## Recipe of the Month:

Chickpea Avocado Crunch Wraps – A fresh, filling meal for summer energy

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## Honoring Men's Mental Health and the Power of Connection this Father's Day

As we celebrate Father's Day, it's a time to reflect not only on the fathers, father figures, and male mentors in our lives, but on the broader value of men, and their mental health in our workplaces and communities. Like a baseball team on the field, men thrive when connection, communication, and support are part of the game plan.

In sports, we often admire the strength and resilience of athletes. But even the best players need a coach, teammates, and a moment to breathe. The same holds true in life. For men, the pressure to "play through the pain" can be isolating. That's why building strong relationships—on and off the clock—is vital. Whether it's a trusted colleague, friend, or family member, having a team to lean on can make all the difference.

Going to a ballgame with my dad was magical, we bonded, shared a love of the game, and connected with those around us as we let the problems of the world drift away. Today, I still put a game on and go back to happier times with no distractions, or I'll go for an afternoon walk to think things through and reset for the day.

At ProCare Rx, we believe mental health is part of overall health. We encourage open dialogue, provide resources for support, and foster a culture where checking in with one another is the norm—not the exception.

This Father's Day, let's commit to being better teammates to one another. Let's show up, listen, and lift each other. Because when one of us wins in life, we all win.



*Marc Cohen*  
Vice President, Marketing & Sales

# Connection

## Why It Matters More Than Ever

In a world that often values productivity over presence, the quiet power of connection can be easy to miss. But connection isn't a luxury—it's a necessity. It's the foundation of emotional strength, mental clarity, and even physical health. And in this season, it's our focus.

### **Connection starts with you.**

Before we can connect meaningfully with others, we have to know ourselves—our values, our needs, our emotional patterns. Connection isn't about being perfect; it's about being present. When we take time to check in with ourselves, listen to what we need, and act with intention, we show up for others with more authenticity and grace.

### **Relationships are our grounding wire.**

We all need people who remind us who we are—especially when life gets heavy. But strong relationships don't happen by accident. They're built through empathy, honesty, vulnerability, and effort. Sometimes connection looks like a long conversation, and sometimes it's a simple “How are you really doing?” that creates the bridge we need.



### **Connection is a wellness tool.**

Science backs it up: friendships reduce stress, increase life expectancy, and even strengthen our immune systems. When we're connected, we feel safer, more supported, and more able to handle life's challenges. This is especially important during Men's Health Month, when we spotlight the need for emotional openness and community among men, who are often encouraged to be strong instead of connected.

### **Connection brings purpose to the surface.**

When we live aligned with our values—kindness, trust, forgiveness, honesty—we naturally draw closer to others. Our sense of purpose often grows through the people we impact and those who impact us. A shared laugh. A word of encouragement. A moment of showing up. These are the hidden gems that give life meaning.

“Connection doesn't happen by accident—it's something we build, nurture, and protect. And when we do, our health, our joy, and our lives become richer because of it.”

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## Men's Health

### More Than Muscle



June is Men's Health Month—but real health isn't just about muscle mass or lab results. It's about the whole man: mind, body, and heart. For too long, conversations around men's wellness have focused only on the physical, often leaving emotional and mental health in the shadows.

But the truth is: emotional strength is physical strength, and mental flexibility is just as valuable as mobility.

#### **Mental Health Matters**

- 1 in 10 men experience depression or anxiety, but fewer than half seek help.
- Mental health isn't weakness—it's part of being human.
- Signs of silent stress in men often include irritability, withdrawal, trouble sleeping, or overworking.

Support Tip: Ask "How are you holding up?" instead of "Are you okay?"  
This opens the door for a real answer.



#### **Emotional Health Counts Too**

- Strong men cry. Strong men rest. Strong men feel.
- Emotional suppression isn't resilience—it's strain with a time limit.
- Relationships that allow emotional expression are critical to wellness and longevity.

Connection Tip: Check in with a male colleague, friend, or family member this month. It may mean more than you realize.

#### **Physical Health—The Basics Still Matter**

- Regular movement, even light walking, boosts mood and longevity.
- Annual checkups, hydration, sleep, and nutrition are pillars of long-term health.
- It's not about six-packs—it's about staying well enough to be there for the people you love.

Wellness Tip: Add a 5-minute stretch, a water reminder, or a walk outside to your daily rhythm.

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## Strong Roots, Stronger Future A Story of Connection & Drive



My name is Rodarious (RD) Timmons. I grew up with parents who always pushed me to be the best version of myself—in sports, in school, and in life. As a kid, I didn't always understand why. But now I do.

Sports taught me teamwork, accountability, motivation, and resilience. It lit a fire in me that I carry into everything I do. As an African-American man in this country, the odds aren't always in our favor. My parents knew that. So they gave me an opportunity they never had—they worked hard to send me to college so I could build the future they dreamed of.

I watched them sacrifice for us—putting our needs first, even when they didn't prioritize their own health. That stuck with me. Now, I get to give back. I train them. I support them. I remind them their health matters too.

And that's why I'm here—to help others do the same. My goal with this workout class is to spark motivation, help you build confidence, and support your journey—wherever it starts. You can do this. I'm here to prove it with you.

*Rodarious Timmons*

Gainesville

*"Success is not success without a successor."*

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## TIPS & RESOURCES:

Men's Health Tip of the Month

***Your body sends signals—listen early, not late.*** Don't wait for pain to get your attention. Whether it's a yearly check-up, prostate screening, or just staying on top of your blood pressure and weight—taking action now is a sign of strength, not fear.

Preventive care isn't just about living longer—it's about living better.

Your body isn't a machine—unless it's a classic car, and even that needs maintenance.



Get the Best Deals:

### **Connect, Swing, & Save**

Looking for a fun way to connect with friends, coworkers, or family? Check out Topgolf—a great way to unwind, compete, and laugh a little.

Get 15% off with Tickets at Work!

[Click here to grab the deal](#)

Because real connection can start with a shared laugh, a solid swing, or even a bad shot.

## EVENT ANNOUNCEMENTS



### **Gainesville**

- Workout class
- Run the Ranch 5k Run & Walk June 14

### **Southfield**

- Detroit Heart Walk June 7

### **All Locations**

- Power Walk Breaks
- Virtual & In-Person Yoga Classes Sign up [here](#)
- Dad's Joke Challenge

## TEAM COACHING GROUPS



### **Connected & Grounded**

Connection doesn't happen by accident—it's something we build, nurture, and protect. And when we do, our health, our joy, and our lives become richer because of it. **Fridays at 1:15 PM, starting June 6th to 27th**

**Join Us Here:**

[Join the FRI - 1:15 PM Session](#)

**Open to all employees!**





## WELLNESS CHALLENGES

### Join the June Challenge: Connected & Grounded

June 6 – June 27, 2025

This 4-week challenge is all about meaningful connection—with yourself, others, and your purpose. Complete 5 simple daily tasks and attend our Connected & Grounded coaching sessions each Friday at 1:15 PM.

- Build self-awareness
- Strengthen relationships
- Lead with your values
- Reflect on what matters

Earn up to **2,000 GoPivot points** for participating! Let's build real connection—together.

## HONORING THE MEN WHO LEAD WITH LOVE- HAPPY FATHER'S DAY!

To all the incredible dads, stepdads, grandfathers, uncles, and father figures—Happy Father's Day! Today, we celebrate the strength, patience, and quiet dedication you bring to the lives around you. Whether you're raising little ones, supporting grown children, mentoring others, or simply leading by example—your love and presence shape families, communities, and generations. This Father's Day, we honor not just your role in the family, but the powerful way you show up every day—with resilience, care, and connection. Your health matters. Your presence matters. You matter. Thank you for all that you are—and all that you give.



## SHARE YOUR WINS!

We want to celebrate YOU! Whether you've achieved a fitness goal, started a new healthy habit, or accomplished something personal, we'd love to hear about it. submit it [Here](#) or Email us at [wellness@procarerx.com](mailto:wellness@procarerx.com) to have your story featured in our next newsletter.



## A FEW NOTES TO REMEMBER

- Participation in wellness activities, including fitness classes, coaching sessions, 5k and wellness walks, helps us continue to grow and improve our offerings.
- You can find the PDF version of the Newsletter for printing at [hbc.procarerx.com](http://hbc.procarerx.com) under resources or [Here](#)

## HAPPY BIRTHDAY

We couldn't be more excited to celebrate our June birthdays! Your special birthday shout-out is [right here](#). Cheers to another fantastic year ahead!



# MEN'S HEALTH MONTH + CONNECTION

## WORDSEARCH

M	N	U	T	R	I	T	I	O	N	M	R	W
I	R	E	R	A	C	F	L	E	S	M	Y	Z
N	E	E	D	H	M	O	V	E	M	E	N	T
D	S	D	S	B	Y	N	P	E	T	N	V	H
F	I	T	P	I	R	D	D	E	O	L	C	Y
U	C	T	W	J	L	U	R	I	E	T	P	B
L	R	E	Y	E	T	I	T	A	E	L	R	N
N	E	K	C	I	L	C	E	R	T	E	S	Q
E	X	N	T	N	E	L	T	N	A	I	R	Q
S	E	A	E	N	A	S	N	T	C	T	O	V
S	R	L	N	R	N	L	H	E	J	E	B	N
G	B	O	K	J	G	E	A	R	S	R	M	B
J	C	V	Z	J	Z	Y	Q	B	B	S	R	N

WELLNESS  
HYDRATION  
EXERCISE

NUTRITION  
BALANCE  
MINDFULNESS  
CONNECTION

RESILIENCE  
SELF CARE  
GRATITUDE  
SLEEP

ENERGY  
STRETCH  
BREATHE  
MOVEMENT

# CHICKPEA AVOCADO CRUNCH WRAPS

## **Ingredients: ( Serves 4)**

- 1 ripe avocado, diced
- 1 cup canned chickpeas (drained & rinsed)
- ¼ cup diced red onion
- ½ cup diced cucumber
- ½ cup diced tomatoes or cherry tomatoes, halved
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt & pepper to taste
- Optional: chopped fresh parsley or basil
- 4–6 romaine lettuce leaves or whole grain wraps

## **Instructions:**

1. In a bowl, mash half the avocado and leave the other half diced.
2. Add chickpeas and lightly mash some for a creamy texture (leave most whole).
3. Stir in cucumber, tomato, red onion, lemon juice, olive oil, and herbs.
4. Season with salt and pepper to taste.
5. Spoon into romaine lettuce leaves or wrap in a whole grain tortilla.
6. Serve chilled or room temperature. ~ pepper.

## **4Wellness Tip:**

This recipe is loaded with fiber, healthy fats, and plant-based protein. Perfect for meal prep and doesn't require cooking — great for hot days or on-the-go lunches!



*Thank you for reading!*