



"Happy Father's Day" is a seasonal greeting used to honor and express gratitude for fathers, stepfathers, grandfathers, and father figures. It celebrates the contributions of men to their families and society, recognizing their love, sacrifices, guidance, and support in nurturing children.

Healthy Habits For Graceful Aging

Other habits that can help you age gracefully include:

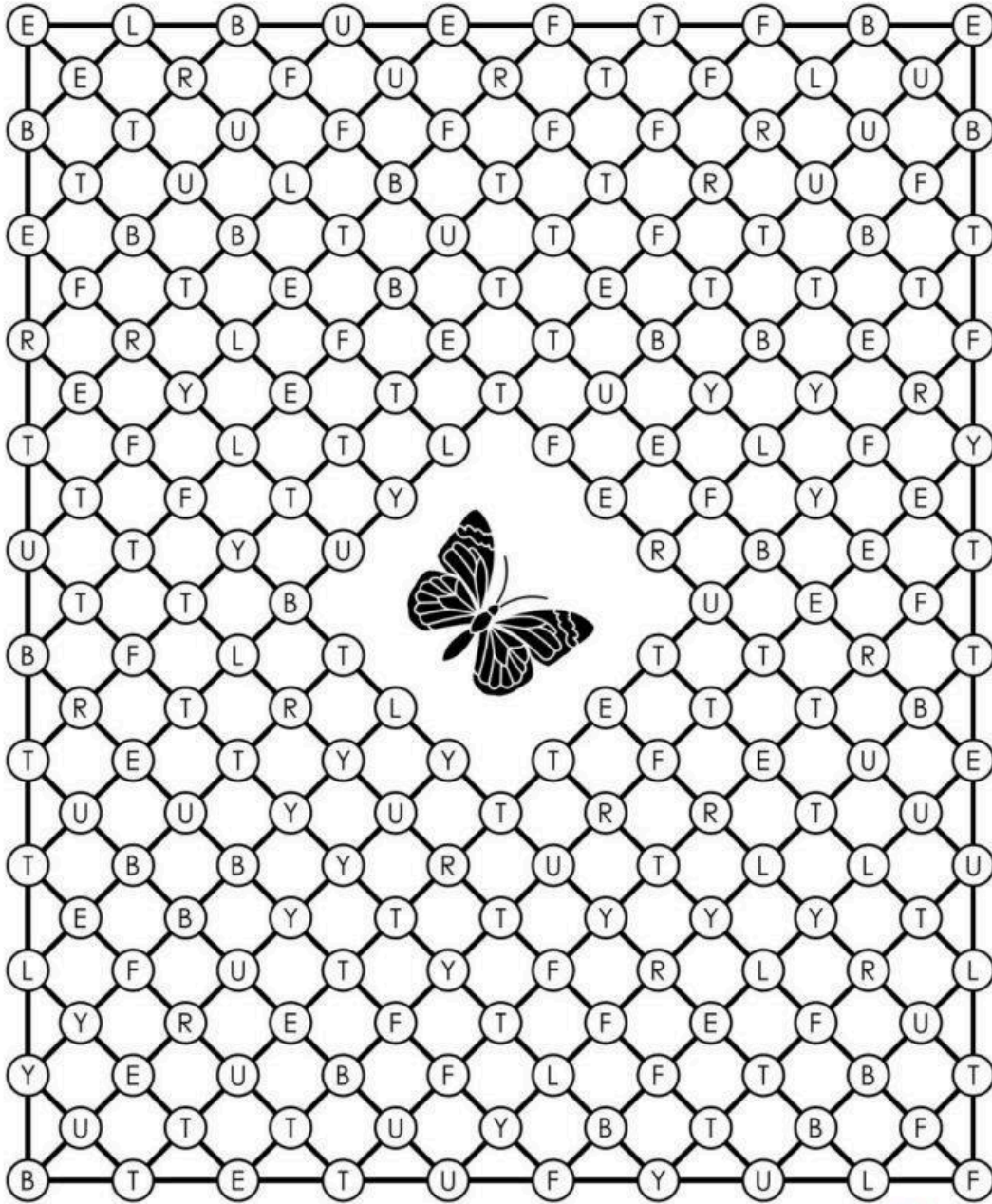
Get more info about maintaining your health as you get older or find a doctor.

- **Staying hydrated:** From our brains to our stomachs, cells throughout the body need water to function properly. I tell patients to divide their weight in half and aim to drink this many ounces of water every day. For example, a 180-pound person should drink 90 ounces of water every day.
- **Exercising regularly:** The benefits of exercise extend beyond your heart and vascular system. Anything you do to build muscle – including resistance training and going for regular walks – also protects your bones. [Exercise](#) has the added benefit of helping you maintain balance and perform everyday activities, like walking upstairs, with ease. I advise aiming for 30 to 90 minutes of activity every day. Choose the right type of exercise for you. Finding activities you enjoy will help you consistently keep at it and help you reach your goals.
- **Getting enough sleep:** Your body works hard to support you as you move through your busy life. This is why it's so important to [get 8 hours of sleep](#) every day. While you're sleeping, your body can restore itself and clear out waste, including damaged and worn out cells, which allows you to feel your best at any age.
- **Managing stress levels:** It's hard to avoid [stress](#) entirely, so I help my patients find good ways to manage it. Research shows that just a few minutes of deep breathing throughout the day can lower levels of the body's stress hormone, cortisol. This is one of many ways you can de-stress your life.
- **Keeping your brain active:** Taking care of your brain helps you maintain short- and long-term memory. Simple activities such as crossword puzzles or knitting are great for your [brain health](#). Additionally, [maintaining social connections](#) with loved ones helps reduce your risk of cognitive decline and chronic disease while supporting your immune system.
- **Selecting gentle skin care products:** Taking care of your skin helps you maintain a healthy glow, but that's not all. From regulating temperature to experiencing sensations from the world around you, your skin does so much for your well-being. [Pamper your skin](#) by using mineral-based makeup and petroleum-free hygiene product.

Butterfly

HIDDEN WORD PUZZLE

Find the single time "Butterfly" occurs in the hidden word grid below.





June Mini Crossword



ACROSS



DOWN

- 4. Leisurely free time
- 5. Light-emitting beetle
- 8. Protective eyewear
- 9. Swinging canvas bed
- 10. Red melon with black seeds

- 1. Time away from work
- 2. Al fresco meal on a blanket
- 3. Popular romantic event in June
- 6. June solstice
- 7. Male parent
- 8. Apparel for swimming





Numbers 1-50 Word Trails



Find and connect the trail of letters for each word. The trails can wander up, down, left, right, and diagonally.

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

eighteen

five

forty-two

nineteen

six

thirty-nine

thirty

twenty-five

twenty-six

eleven

forty-five

forty

one

sixteen

thirty-one

three

twenty-four

twenty-three

fifteen

forty-nine

four

seven

ten

thirty-six

twelve

twenty-one

twenty-two

fifty

forty-three

nine

seventeen

thirty-five

thirty-two

twenty-eight

twenty-seven

twenty

