



HIV testing is an act of self-care. According to the CDC, encouraging people to get tested and know their HIV status can help them stay healthy. Today, there are more free, easy, fast, and confidential HIV testing options available than ever before. Testing, including self-testing, is the first step to engaging in HIV prevention or treatment services. HIV testing is a critical tool to helping us end the HIV epidemic in the United States.

Notes:

June

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19 Juneteenth	20	21 <i>Summer begins</i>	22	23	24
25	26	27	28 Eid al- Adha	29	30	

Health Tip: PTSD Awareness, Taking Care during Triggering Times

Taking positive action directly challenges the sense of helplessness that is a common symptom of PTSD. One of the best ways to reclaim your sense of power is by helping others: give blood, reach out to a friend in need, or volunteer your time.