

MAY / JUNE 2021

NEWSLETTER



Employee Spotlight

Chris Wilson

Chris was nominated by his coworkers for employee spotlight. His exemplary service, willingness to help with any task and positive attitude. Chris has been a driver for GTEMS for 18 months and currently working towards obtaining NREMT. He is also a volunteer for the Fairview VFD where he someday aspires to be a line officer. In Chris's spare time he enjoys playing video games, golfing, hunting, and spending time with friends, his pets and his girlfriend. The employees at GTEMS would like for you to know that your hard work and dedication to this company never goes unnoticed and would like to thank you for choosing to be a part of our family!

JUNE IS MEN'S HEALTH MONTH
awareness | prevention | education | safety

01
Get Healthy: Start by taking small steps. Start by walking and eating healthy. Get more active. Eat less fat, sugar, and sodium. Get all the vitamins and minerals you need. Talk to your doctor and regularly, in every way.

02
Prevention: Men should get regular checkups. This includes blood pressure, cholesterol, and blood sugar. Get a prostate exam. Get a PSA test. Get a colonoscopy. Get a skin exam. Get a dental exam. Get a vision exam. Get a hearing exam. Get a flu shot. Get a tetanus shot. Get a COVID-19 shot.

03
Safe Practices: A healthy, active lifestyle can be maintained, or started, with safe practices. Regular exercise, a healthy diet, and stress management are key. Get a good night's sleep. Get a good night's rest. Get a good night's sleep. Get a good night's rest.

100%
Men should get regular checkups.

1994
June is Men's Health Month.

80
Men should get regular checkups.

ONLINE RESOURCES

[Men's Health Month](#)
[Men's Health Month](#)
[Men's Health Month](#)

[Men's Health Month](#)
[Men's Health Month](#)
[Men's Health Month](#)

Call Volume:

April - 129

May - 113



Upcoming Events:

Community Market
June 19th 9am
located at Grant
Town Community
Building



Celebrating Birthdays:

Austin Boylen
June 3RD

Jennifer Higginbotham
June 20th