

2025 JUNE

Wellness Care Package



Asthma + Allergies

In the U.S., about 25 million people have asthma and more than 100 million people have allergies. These conditions can occur at any age, and their main causes are largely unknown. Neither are curable for most people, but both can be controlled with prevention and treatment.

Learn the difference between asthma and allergies, spot the differences, and get tips for better indoor air quality in your home with this month's [Asthma and Allergies toolkit](#).

Sun + Skin Health

Your skin is your body's largest organ and serves as your first line of defense against the environment. Too much sun exposure can lead to sunburns, premature aging, and skin cancer—the most common type of cancer in the U.S. With simple habits, you can protect your skin and keep it healthy for years to come.

Learn more about skin cancer, how to do a skin check, review sun safety tips, and get your sunscreen questions answered with this month's [Skin and Sun Health toolkit](#).

Rethink Your Drink WebMD Challenge*

Monday, June 2 – Sunday, June 22

Challenge yourself to drink more water and ditch sodas and other high-sugar drinks. Water not only keeps you hydrated, but it also helps with digestion, makes you feel fuller, flushes out toxins, and it has zero calories, unlike other beverages. With water, the glass is always half full. Aim to drink at least six glasses of water per day.

Sign up in your [member portal](#)* anytime during the challenge. Need help? [Get 1:1 Living Healthy help](#).

Parenting Unscripted

Thursday, June 26 | 12-12:30 p.m.

Parenting can be tough, and it doesn't come with a manual. Sometimes sharing with other parents is the best handbook for raising kids. Join us for an open forum-style session to share your experiences and discuss parenting.

[Sign up for this Learning Loft](#).

Stress Management (with new topics!)

Tuesdays, July 8 – August 12 | 12-12:45 p.m.

Feeling the stress of everyday life? It's totally normal to feel some stress each day, but too much isn't good for your health. Join us to find calm and balance in your life. We'll teach how to control and lower your stress with mindfulness tools and techniques.

[Sign up for this six-week workshop](#).



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