Men's Health Event to Promote Physical Wellness and Mental Health

Monday, June 15, 2026
Posted by Breck Scott

The Caddo Parish Sheriff's Office is inviting men of all ages to attend a special Men's Health and PTSD Awareness Event on Monday, June 29, focused on physical wellness, mental health, stress management, and preventative healthcare. The free event will be held from 11 a.m. to 1 p.m. at Safety Town, located at 8910 Jewella Avenue in Shreveport. Lunch will be provided.

The program is designed to encourage healthy lifestyles while raising awareness about the impact of stress and post-traumatic stress disorder (PTSD). Participants will learn how to recognize the signs and symptoms of stress and trauma, explore available resources, and gain practical tools to improve their overall well-being. A major focus of the event is reducing the stigma associated with discussing emotional and mental health challenges and encouraging men to seek help when needed.

The event will feature Tarrant Graham, a Certified Fitness Trainer and Licensed Professional Counselor, who will discuss the connection between physical activity and mental wellness. Participants will also take part in a low-impact fitness demonstration designed to show healthy ways to manage stress and trauma through physical activity.

For more information, contact Deputy V. Williams at 318-681-0869.

Attachments

