



About Men's Health Month

June is National Men's Health Month and for the entire month, [Level Up](#) will be sharing information to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy.

WEBINAR: Men's Health ~ Monday, June 22

Join us for a Men's Health webinar and learn the risk factors and simple lifestyle changes including weight management that can help you avoid chronic diseases.

- **Webinar:** Men's Health
- **Date:** Monday, June 22
- **Time:** 12:30 p.m. to 1:30 p.m.
- **Register:** [Sign up today](#)



National Men's Health Week ~ June 15-19

National Men's Health Week is observed each year leading up to Father's Day. [The Centers for Disease Control and Prevention](#) (CDC) notes that this week is a reminder for men to take steps to be healthier – whether it's your husband, partner, dad, brother, son or friend, you can help support the health and safety of the men in your life. The CDC further recommends some tips toward good health:

- You can support the men in your life by having [healthy habits](#) such eating a variety of fruits and vegetables every day and incorporating regular physical activity.
- Encourage men to see a doctor or health professional for regular checkups and to learn about their [family health history](#).
- Every 40 seconds someone in the U.S. has a heart attack. Know the [signs and symptoms](#) of a heart attack.
- Depression is one of the leading causes of disease or injury worldwide for both men and women. Learn to [recognize the signs](#) and how to help the men in your life.

Wear Blue on Friday, June 19

Celebrate Men's Health Week and wear **blue** on Friday, June 19. Wear **blue** is sponsored by Men's Health Network. [Men's Health Network](#) is a national non-profit organization whose mission is to reach men and their families with health awareness messages.



Office of Human Resources Management

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