



Committed to your health and our community

National Men's Health Month

JUNE is Men's Health Month!

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.

Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

Some interesting and fun things to do during Men's Health

Month or anytime during the year. Wear Blue Day

Plan a "Wear Blue Day" to help spread the knowledge of Men's Health Month.

- Choose your day. Choose any day that works for your group of team.
- Choose a goal amount. Set a goal amount to raise, that way you have something to strive for.
- Choose BLUE. From blue accessories, to head-to-toe blue work attire, to an excuse to go casual, choose what works best for your group.
- Pick and choose. Your group can simply wear blue and have your group and anyone else who wants to participate, donate any amount for wearing blue.
- Sell blue prostate cancer pins to wear in support of

*Yelm Family
Medicine
Patient
Newsletter*

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Not only is it Men's health awareness month but its Dad's and Grad month!! Be sure to recognize your dad on June 17th.

**HAPPY
FATHER'S
Day!**



- the fight against prostate cancer.

Or, you could include an educational event, such as a men's health presentation.

Or, make it FUN! Put together a contest for the best BLUE attire or host a bake sale to raise additional donations.

Be creative, and remember to have fun!

Use the following resources to help you run the event:

- [Wear Blue Donations and Sign up Form \(pdf\)](#)
- [Wear Blue Submission form \(pdf\)](#)

Create awareness for men's health

- Set up a table at a store, restaurant, hallway at work, gym, library, community center, etc with brochures and information on men's health and Men's Health Month.
- Hold a town hall meeting on a major women's health issue and broadcast it via satellite to communities across the nation.
- Ask local churches and other faith-based organizations to talk about Men's Health Month and to include information about it in the church flyers/newsletters.

- Distribute health brochures that focus on the health of men and their families.

Contact mhw@menshealthweek.org for brochures or download them at www.menshealthlibrary.com.

- Ask your City Council to issue a resolution regarding National Men's Health Week, alert the media, and invite community members to the signing. Send a copy of the proclamation to mhw@menshealthweek.org for display on the web site.
- Take your dad/brother/uncle/grandfather/significant other to the doctor.
- Give him a Father's Day care with a doctor's appointment as a gift.
- Plan some fitness activities at lunch time or after work:
- Bring your coworkers or neighbors together to be healthy and active. Some activities could include:
 - Walking
 - Golfing
 - Tennis
 - Bowling
 - Pick-up basketball
 - Softball/baseball

- Pick up soccer
- Flag football
- Frisbee
- Bicycling
- Hiking

- Ask local newspapers or media to sponsor writing or poetry contests on the topic of men's health. You can ask young people to write about the importance of being healthy and how it affects the family.
- Write an opinion article about men's health and how it affects the entire family and submit it to your local newspaper.
- Write an article or letter to the editor explaining how a member of your family worked through his/her health problems and suggesting that the readers get their health checked.

[Recognition from the White](#)

[House](#) provides encouragement to men, boys, and their families around the globe.

Use your company's liberal dress policy to celebrate [Wear Blue Friday](#), the Friday before Father's day.

