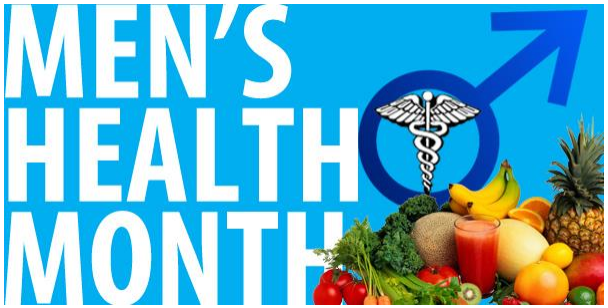
JUNE IS MEN'S HEALTH MONTH!

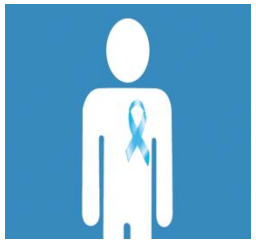
MEN'S HEALTH FACTS:

- THE TOP 3 LEADING CAUSES OF DEATH IN MALES IS HEART DISEASE, CANCER, AND INJURIES.
- AMERICAN MEN TYPICALLY LIVE SICKER AND DIE YOUNGER THAN AMERICAN WOMEN.

MEN'S HEALTH MONTH IS THE TIME TO INCREASE AWARENESS OF PREVENTABLE HEALTH ISSUES AND PROMOTE EARLY INTERVENTIONS!



PROMOTE MEN'S HEALTH!



Get Enough Sleep - 7-9 hours is sufficient to help decrease chronic diseases.

Quit Smoking - Nicotine can have a negative effect on every system in your body.

Exercise - At least 2 ½ hours of moderate intensity aerobic activity every week.

Eat Healthy - Chose a variety of fruits and vegetables. Minimize salt, sugar, fat, and alcohol.

Get a Checkup! Yearly physical and wellness checks and diabetes/heart disease/prostate screenings. Also keep up-to-date with vaccinations!