

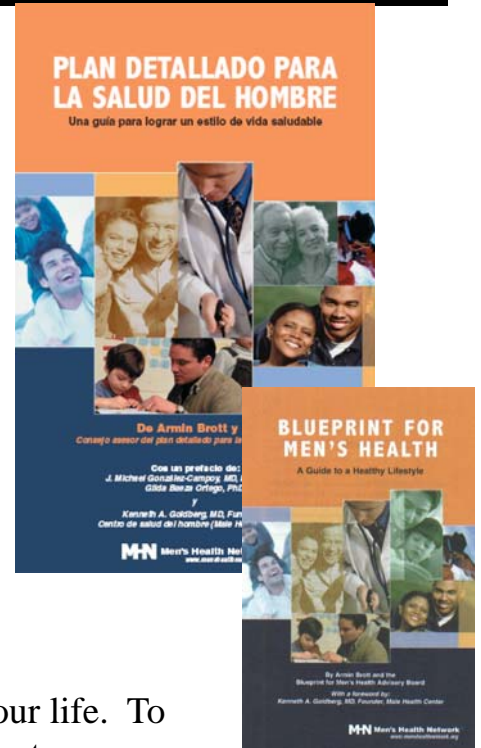
# June is National Men's Health Month

## Blueprint for Men's Health

Now also available in Spanish!

## Blueprint for Men's Health: A Guide to a Healthy Lifestyle

*Blueprint for Men's Health* discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions effecting men. This 70+ page book discusses the factors that increase health risks, shows how to recognize symptoms, and gives practical, easy-to-implement prevention strategies. Now available in English or Spanish.



We strongly urge you to read this book carefully—it could save your life. To make the information in this book as helpful as possible, every chapter was carefully checked by a professional with expertise in that particular field. While no book should be used as a substitute for professional advice about medical or lifestyle issues, the *Blueprint for Men's Health* is a resource and a guide that will help you to protect your health and get the most out of life. To learn more visit: [www.blueprintformenshealth.com](http://www.blueprintformenshealth.com)

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PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.

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