

FOR IMMEDIATE RELEASE

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**Men's Health Network Celebrates
National Women's Health Week**

(Washington DC) — **Men's Health Network (MHN)** is joining the Office on Women's Health within the [Office of the Assistant Secretary for Health](#) at the [U.S. Department of Health and Human Services](#) in celebrating the 14th annual [National Women's Health Week 2013](#), which started on Mother's Day, May 12, and will be celebrated until May 18, 2013.

During the week, families, health organizations, businesses, communities, government agencies and individuals come together to raise awareness of women's health and support women to take simple steps for better health.

“Men's Health Network mission is to strengthen families and communities by addressing the health and well-being of men and boys in America, and focusing on women's health this week is an important component,” said Ana Fadich, MPH, CHES, Vice President MHN. **“We see time and time again that women are the ones to bring their husbands to our screenings and take home educational materials for the men in their lives. We want women to focus on their health; by putting their health first, they may even inspire their husbands, fathers, brothers and sons to go in for a check-up in June during Men's Health Week.”**

National Women's Health Week is a nationwide initiative that calls attention to the importance of women's health. National Women's Health Week empowers women to take small, manageable steps for longer, healthier, happier lives. The steps include encouraging women to visit a health care professional to receive regular checkups and preventive screenings; get active; eat healthy; pay attention to their mental health, including managing stress and getting enough sleep; and avoid unhealthy behaviors, such as smoking, texting while driving and not wearing a seatbelt or bicycle helmet.

For more information about National Women's Health Week, please visit womenshealth.gov/nwhw/.

[Men's Health Network](#) (MHN) is a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health

prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. MHN is the promoter of [Men's Health Month](#) and Men's Health Week in June. Learn more about MHN at www.menshealthnetwork.org and follow us on Twitter @MensHlthNetwork.

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