

Men's Health Month

and Men's Health Week

a special awareness period recognized by Congress



FOR IMMEDIATE RELEASE

June 18, 2020

CONTACT

communications @ menshealthnetwork.org
(202) 543-6461 ext. 101

Wear BLUE for Men's Health

[#ShowUsYourBlue](#) on Wear BLUE Day, Friday, June 19

Blue looks good on you! [Men's Health Network](#) (MHN) is calling on everyone to Wear BLUE on [Wear BLUE Day](#), Friday, June 19, to raise awareness about the importance of male health. Studies show that men live sicker and die 5 years younger than women. Post photos of you, your staff, or your favorite pet wearing Blue on the hashtag [#ShowUsYourBlue](#)

[Wear BLUE](#) is a year-round program established by MHN to encourage men to make healthier lifestyle choices and schedule regular healthcare visits to achieve longer, healthier lives.

[Wear BLUE Day](#) is always the Friday before Father's Day, June 19 in 2020, and is an opportunity for men – and those that love them – to make real improvements in overall health and fitness.

Whether it is your husband, brother, father, son, or friend, wearing BLUE is a simple gesture to show you care, and it is a great way to spotlight men's health issues.

MHN brings men's health awareness to broader audiences to help make real changes in health disparities. and help men understand the benefits of good health, prevention, and regular screenings. Wear BLUE Day helps spread the word by providing greater awareness through this simple gesture of donning something blue. Healthy men and boys mean healthy families and communities, and that's good for everyone.

For [social media messaging](#) and [images](#), download the [toolkit](#) or visit the [website](#) to find messaging in both English and Spanish. To learn more about Wear BLUE Day or for more information please visit [WearBlueForMen.com](#)

[Men's Health Month](#), [Men's Health Week](#), and [Wear BLUE Day](#) are organized by [Men's Health Network](#) (MHN), an international 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. Learn more about MHN at [www.MensHealthNetwork.org](#) and follow them on Twitter @MensHlthNetwork and Facebook at [www.facebook.com/menshealthnetwork](#). For more information on MHN's ongoing Dialogue on Men's Health series, visit [www.DialogueOnMensHealth.com](#)

**Don't Forget to
Wear Blue**

Friday, June 19

[#ShowUsYourBlue](#)
[@MensHealthMonth](#)
[@MensHlthNetwork](#)



###

Men's Health Week
P.O. Box 77476
Washington, DC20013

P: 202-543-6461

[info@menshealthweek.org](#)