

# Men's Health Month

## Celebrated Every June



**FOR IMMEDIATE RELEASE**

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### **Men's Health Week Turns 21**

Celebrations include a Congressional workout, Twitter chats, and health screenings across the country.

(Washington, DC) – Men's Health Month (June) continues. This year marks the 21st year since *National Men's Health Week* (NMHW), now a part of Men's Health Month, was passed by Congress in 1994. NMHW is celebrated each year as the week that ends on Father's Day, June 15-21 in 2015, and is now celebrated around the globe as [International Men's Health Week](#).

Following the lead of Congress, Governors and over 80 Mayors have issued proclamations announcing [Men's Health Week](#) in their jurisdictions. Those can be viewed [here](#).

Hundreds of workplaces, health care professionals, unions, sports franchises, faith-based and fraternal organizations, and others are engaging in activities to encourage healthy behavior among men and boys. These activities take the form of Wear Blue campaigns, informational articles in corporate newsletters, lunch-n-learns, conferences, bulletin board displays, videos, community health fairs, and more. Many take advantage of the posters and logos available for download on the [Men's Health Month web site](#).

Congress participates, as do many federal and state agencies. The Congressional Men's Health Caucus takes the lead with floor statements and other activities, including a Circuit Workout early in the morning of June 25.

**"We invite all men to take advantage of the many health screenings and awareness activities taking place in their communities during National Men's Health Week,"** said Ana Fadich, MHN Vice President. **"Getting more men to take an active role in their health will lead to stronger and happier families. Women are in a unique position to help men and boys achieve their goals."**

**"Women have and will always play an important role in Men's Health and their overall families' health and wellness,"** stated Beth Battaglini, RN, President and CEO,

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HealthyWomen.org . **“Men's Health Week provides a perfect opportunity to carve out time to make an appointment with your health provider and learn about what screenings you should be having. HealthyWomen is pleased to join Men's Health Network to raise awareness and education on the importance of taking care of you.”**

The festivities include:

- Social media – Is alive with Twitter chats, Facebook postings, Infographics, downloadable posters/graphs, Twibbon campaigns, Pinterest Pins, and more.
- Free health screenings – Offered by health care providers across the country.
- Wear Blue on June 19 – The #ShowUsYourBlue social media storm on Friday, June 19. Participants include private companies, health clinics, public agencies, and more.
- Twitter Chat June 23 – A Men and Mental Health Twitter Chat on Tuesday, June 23 at 1:00 pm ET using the hashtag #MensHealthMonth – Men's Health Network partners with the U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), the U.S. Surgeon General, Mayo Clinic, and Mental Health America (MHA), and others.
- Congressional Workout June 25 – A Circuit Workout for House members and their staff on Capitol Hill on June 25 at 7:00 am ET sponsored by Congressional Men's Health Caucus co-chairs Rep. Markwayne Mulin (OK) and Rep. Donald Payne, Jr. (NJ).
- [Talking About Men's Health](#) – The leading men's health blog, launches a series of blog posts by key thought leaders in the fields of men's health and fatherhood.
- [Men's Health Resource Center](#) – Celebrating its first anniversary, is quickly becoming the go-to web site for men's health information.

*Men's Health Week is organized by [Men's Health Network](#) (MHN), a national non-profit organization whose mission is to reach men, boys, and their families where they live, work, play, and pray with health awareness messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation. Learn more about MHN at [www.menshealthnetwork.org](http://www.menshealthnetwork.org) and follow them on Twitter @MensHlthNetwork.*

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