

MEN'S HEALTH WEEK

Monday 10th - Sunday 16th June 2019

MEN'S HEALTH MATTERS

**Make the Time.
Take the Time.**

#MensHealthWeek

Find out more at: www.mhfi.org

#MensHealthMatters



Supporting Women
New Power
& Potential

Building a
Smarter, Healthier
Ireland



HSC Public Health
Agency

Project supported by the PHA



Hi there,

You may not know this, but men on the island of Ireland experience a lot of ill-health and die far too young. However, there are things that we can do to stop this – if we really want to. It goes without saying, therefore, that **MEN'S HEALTH MATTERS**.

To try to change this situation, Ireland will be joining with other countries to mark International Men's Health Week (MHW) 2019.

MHW seeks to heighten awareness of preventable health problems, support men and boys to engage in healthier lifestyle choices and activities, and encourage the early detection and treatment of health difficulties. But all of this requires dedicated time – which is often in short supply.

During this week, everyone is asked to **MAKE THE TIME** and **TAKE THE TIME** to do something realistic and practical that will make a positive difference to the health of men and boys. The big question is: are you up for the challenge? ... If so, find out more at: www.mhfi.org/mhw/mhw-2019.html

Hope you have a great week!



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