

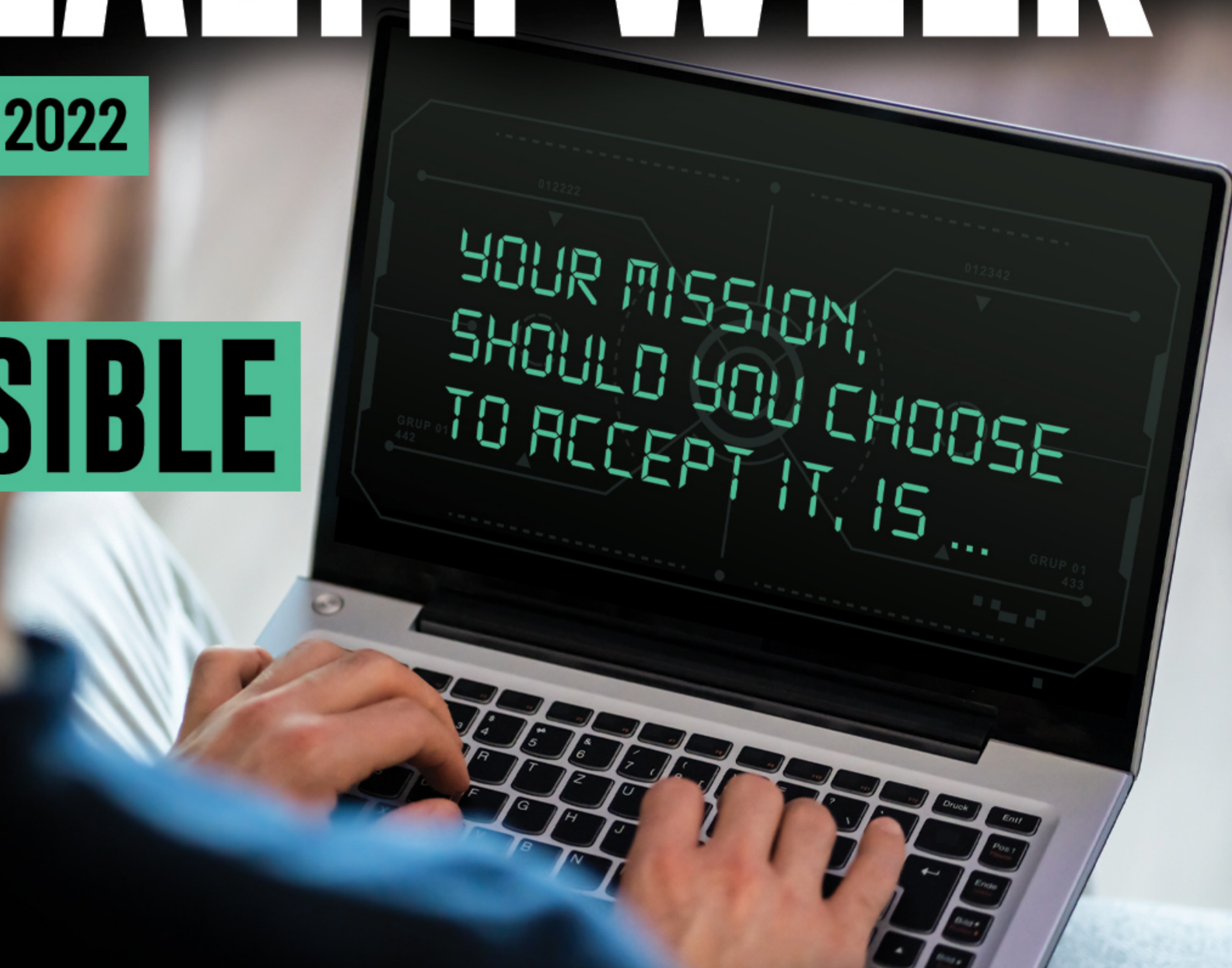
# MEN'S HEALTH WEEK

Monday 13th - Sunday 19th June 2022

**MISSION: IS POSSIBLE**

The Action Starts with You

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#MensHealthWeek



Hi there,

I don't know about you, but I reckon that the 'MISSION:IMPOSSIBLE' TV series / films offer many things that appeal to males - suspense, intrigue, courage, daring, incredible feats, heroism, fast-paced action ... and, in the end, good always triumphs over evil!

But did you know that during Men's Health Week 2022, men and boys on the island of Ireland are also being asked to take on the role of Ethan Hunt (or Jim Phelps if you remember the TV series) and to step up and become an action hero in their own life?

All you have to do is set yourself a realistic and practical task to improve your health and go for it. That's your mission, should you choose to accept it.

So, if you're up for it, find out more at:

[www.mhfi.org/mhw/mhw-2022.html](http://www.mhfi.org/mhw/mhw-2022.html)

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