

MEN'S HEALTH WEEK

Monday 12th -
Sunday 18th June
2023



What's your
picture of health?

Find out more at: www.mhfi.org
#MensHealthWeek



Hi there,

It's very common to hear people on the island of Ireland saying: 'ah, sure, your man's the picture of health'.

But did you know that during Men's Health Week 2023 [www.mhfi.org/mhw/mhw-2023.html], everyone is being asked to think about what their 'picture of health' might look like? More importantly, everyone is also being asked to set themselves simple, realistic and practical tasks to make this a reality.

If you're up for it, have a look at the new 'ACTION MAN' booklet - for ten top tips on how to improve your health.

You can view it online at:
www.mhfi.org/ActionMan2023.pdf

Have a great week!

Affix
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here

