

# MEN'S HEALTH WEEK

Mon 10th - Sun 16th June 2024

## KNOW YOUR NUMBERS

Find out more at:  
[www.mhfi.org](http://www.mhfi.org)  
#MensHealthWeek



## MEN'S HEALTH COUNTS



Hi there,

At school, every pupil is told that you need to know your numbers if you are to get on in life. This message is usually not welcomed at the time, but it's a solid piece of advice.

During Men's Health Week 2024, everyone is - once again - being asked to 'Know Your Numbers'. Policy makers need to know statistics on the state of men's health. Men need to know the key health numbers that they should be working towards. Everyone needs to know the numbers for support services at times when things go wrong.

Men's health really does count. Check out the 'ACTION MAN' booklet - for ten top tips on how to improve your health at:  
<https://www.mhfi.org/ActionMan2024.pdf>

Have a great week!

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