FOR IMMEDIATE RELEASE

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JUNE 13 - 19 IS MEN’S HEALTH WEEK - WEAR BLUE FOR MEN’S HEALTH
MORGANTOWN, WV – JUNE 11, 2016

The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Wear Blue Day is celebrated during Men’s Health Week to raise awareness about men’s need to seek regular checkups, testicular cancer education, prostate cancer education and other health issues that affect men such as cardiovascular disease, skin cancer, lung cancer, diabetes and stress.

Other steps men can take each day to improve their health are: making healthy diet choices, exercise, getting enough sleep, quitting tobacco and getting tested for sexually transmitted diseases.

The Monongalia County Health Department (MCHD) has set aside Thursday, June 15, 2016 as Wear Blue Day to show their support for men’s health.

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them that you care about them and their health by wearing blue. Please join us and help bring awareness to all men of the importance to stay healthy.

For more information on men’s health or to schedule a men’s health examination call the MCHD at 304-598-5119.

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