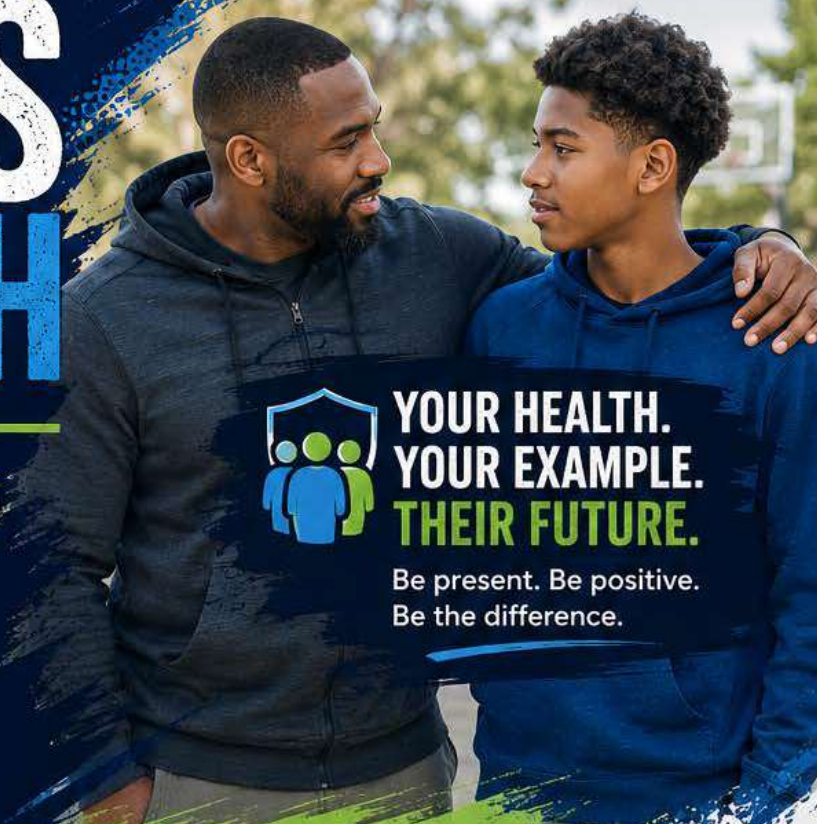


MEN'S HEALTH MONTH

— MONTH —

JUNE



**YOUR HEALTH.
YOUR EXAMPLE.
THEIR FUTURE.**

Be present. Be positive.
Be the difference.

**HEALTHY MEN. STRONG COMMUNITIES.
SAFE YOUTH. BRIGHTER FUTURES.**

Men's Health Month is a time to focus on our health and our role in building a better future for the next generation. When we take care of ourselves, we are stronger for our families, our communities, and our youth.



YOUTH VIOLENCE PREVENTION STARTS WITH US.

Strong men build strong minds, safe communities, and brighter futures.

TAKE CARE OF YOUR HEALTH. BE A FORCE FOR GOOD.



GET REGULAR CHECK-UPS

Prevent problems before they start. Know your numbers and your risk.



STAY ACTIVE

Move your body and clear your mind. Aim for at least 150 minutes of exercise each week.



EAT HEALTHY

Choose whole foods, fruits, vegetables, lean proteins and healthy fats.



GET ENOUGH SLEEP

Aim for 7-9 hours each night to stay focused, calm and ready for the day.



MANAGE STRESS

Talk about it. Practice healthy coping skills. It's okay to ask for help.



BUILD POSITIVE RELATIONSHIPS

Be a mentor. Listen. Encourage. Support the youth in your life.



HELP PREVENT VIOLENCE

Teach respect. Promote peace. Step in. Speak up. Stand together.



BE A LEADER. MAKE AN IMPACT.

- ✓ Set a positive example
- ✓ Encourage education and goal setting
- ✓ Promote nonviolence and conflict resolution
- ✓ Support dreams and build confidence
- ✓ Create safe spaces and opportunities

YOU MATTER. YOUR HEALTH MATTERS.



TALK

Open up to someone you trust.



REACH OUT

Support is a sign of strength.



GET HELP

Resources are here for you.

NEED HELP?

Call or text 988
Suicide & Crisis Lifeline
24/7 Confidential Support



STRONG MEN. STRONG FAMILIES. STRONGER COMMUNITIES.

LIVE WELL • LEAD WELL • LEAVE A LEGACY

*HEALTH TODAY.
HOPE TOMORROW.
PEACE FOREVER.*



For more information on the BSCC program, Center for Healthy Communities, or other resources, scan the QR code!



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