FOR IMMEDIATE RELEASE

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HELP CELEBRATE MEN’S HEALTH WEEK BY WEARING BLUE ON FRIDAY, JUNE 16TH
MORGANTOWN, WV – JUNE 7, 2017

Men’s National Health Week (June 12 – 18) is meant to show support and encourage males around the world to maintain a positive and healthy lifestyle. This week raises awareness to preventable health issues and encourages early detection and treatment of diseases among males.

Wear Blue Day is meant for individuals to show positive health support for the men in their life by wearing blue on Friday, June 16, 2017. Wearing blue helps heighten awareness of making healthy lifestyle choices, making annual visits to the doctor, education on heart disease or diabetes, prostate cancer, and more.

Men can take a few more steps to make sure that they are living that healthy lifestyle by quitting the use of tobacco, exercising daily, getting enough rest, managing stress, and paying attention to signs and symptoms such as chest pain, shortness of breath, and problems with urination. Also getting tested for sexually transmitted diseases will help encourage a healthy lifestyle in males.

The Monongalia County Health Department (MCHD) has set aside Friday, June 16, 2017 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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