

# MEN'S HEALTH AWARENESS MONTH

**Strong in Faith, Strong in Health**

## **June is Men's Health Awareness Month**

“Do you not know that your bodies are temples of the Holy Spirit?”  
— 1 Corinthians 6:19

### ***Why Men's Health Matters***

- Early detection saves lives
- Healthy habits improve physical, mental, and spiritual well-being
- Preventive care helps identify health concerns before they become serious

### ***Important Health Screenings for Men***

- ✓ Blood Pressure Checks
- ✓ Cholesterol Screening
- ✓ Diabetes Screening
- ✓ Prostate Health Discussions
- ✓ Colon Cancer Screening
- ✓ Mental Health Assessment

### ***5 Steps to Better Health***

1. Schedule your annual checkup
2. Stay active
3. Eat healthy
4. Prioritize mental health
5. Get adequate rest

### ***Men's Health Challenge***

- Drink more water
- Walk 30 minutes daily
- Schedule a health screening
- Eat more fruits and vegetables
- Spend time in prayer daily

**Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.**

— 3 John 1:2

**[Church Name]**

Building Healthy Men, Healthy Families, and a Healthy Community Through Faith