

## **June National Health Observances**

In honor of Father's Day this month, the Wellness Works Committee has chosen to focus this month of June on Men's health.

Ladies: This month's topic can also be for you. We've have all heard that men are less likely than women to seek out medical advise and regular check-ups. You can be the one that gets Dad/Hubby/son/(significant male in you life) to seek out medical help that could save a life.

What issues should you know to maintain a healthy life for you and/or men in your life?  
Take the Men's health quiz:

<http://www.nlm.nih.gov/medlineplus/menshealth.html>

Here's a great website for many different links for men's health (as well as Women's health):

<http://www.4woman.gov/mens/>