June is...

**Men's Health Month**

The purpose of Men’s Health Month is to promote awareness and spread knowledge of health problems and the preventative measures encouraged to keep men healthy! This month we focus on the importance of screenings, what the results mean, and tips to stay healthy. This month we also focus on the importance and how to of Taking a MoMENt.

**JUNE EVENTS INCLUDE:**

- Blood Pressure Screening @ UHall (Medical Campus)
- Get Moving and Walk It Out at UC Clermont & Blue Ash
- Fun in the Summer presented by Ashley Varol
- Social Media Skills in the Professional Setting by Impact Solutions
- Walk it Wednesday @ CRC/CARE
- Coloring @ Swift Hall/UHall

*Check out the redesigned Events Page for details about our June programming and information on how to register. Hope you can join us!*  
[https://www.uc.edu/hr/bewelluc/events.html](https://www.uc.edu/hr/bewelluc/events.html)

**Men’s Health Tip:**  
Be proactive about your health! Get screened regularly for early detection and treatment plans and options. Talk to your doctor about when you need to be screened next.

**Take a MoMENt Tip:**  
Try taking a moment each day, without social media, people, guilt, and other distractions, to focus on giving yourself a chance to decompress, breathe, realign, and live.

#BeTheDifference  
During Men's Health Month  
From the National Council for Behavioral Health

We know that men are far less likely to seek help for a mental health challenge, so it’s critical that we all have the skills to start conversations about mental health and substance use with the men in our lives.

Read & share our blog:  
With the launch of our new blog, in June we’ll be writing a series of blogs specifically about men’s mental health and how we can all help. Visit the blog and share your favorite posts with your social media networks!

Share your story:  
Have you made a difference for a man facing a mental health challenge? Has someone made a difference in your life? Share your story on Twitter with the hashtag #BeTheDifference or email Dani Poole at Dani@thenationalcouncil.org

This information is provided by: the National Council for Behavioral Health. Please visit:  
[https://www.thenationalcouncil.org/topics/mental-health-first-aid/](https://www.thenationalcouncil.org/topics/mental-health-first-aid/)

For more information on Men’s Health month, visit [http://www.menshealthmonth.org/](http://www.menshealthmonth.org/)

Questions?  
Please contact  
wellness@uc.edu  
uc.edu/hr/bewelluc