



Pelorus Area Health Trust

Men's Health

The week of the 14 - 20th June is Men's Health Week in NZ.

During this week it would be a good idea to spread the word about Men's health and encourage all the men in your life to take a look at the following web site devoted to this health week. Encourage them to take the "What's your Score?"

The site to visit is: <https://www.menshealthweek.co.nz/>

Other things you could do during this week:

- Talk to men about health.
- Invite a health professional to come for a morning tea and talk to a group in your area, about health issues men get as they become older.
- Encourage the men to have a health check.

By being proactive you may be saving a man from some problem they may encounter in the future. Early detection is the best way to help with men's health.

And don't forget about men's mental health!
Go to the PAHT website to find links to different organisations that can help with mental health for men.



www.PelorusAreaHealthTrust.co.nz
<https://www.facebook.com/CharitableTrustHealth>