

Here are some ideas for men's health week activities:

For a more information about putting on a health fair or a screening, visit the [MHN HealthZone™ planner](#).

### **Plan a Health Fair**

- . We offer a free event planner at [www.mhnhealthzone.com](http://www.mhnhealthzone.com) .
- . Coordinate with health groups (nonprofits, wellness centers, hospitals, doctors, dentists, chiropractors, etc) to have health information booths.
- . Health fairs can be held in the workplace, community centers, churches, libraries, hospitals, etc.
- . Health fairs can include health screenings such as blood pressure, cholesterol, PSA (prostate specific antigen), and body fat.
- . Fitness demonstrations from local gyms, yoga centers, karate centers, etc can also be a fun addition.
- . Healthy cooking demonstrations are always a hit. See if a local dietician would want to demonstrate some healthy recipes.

### **Plan a mini Health Fair**

- . If you don't have the time to recruit a lot of interactive vendors, you can just put together some tables with information on heart health, prostate cancer, testicular cancer, blood pressure, etc. Contact us at 202-543-6461 x 101 for brochures!

### **Presentation on Men's Health**

- . Ask a local nurse, doctor, or health educator to give a lecture on men's health at your workplace, church, community group, senior center, health department, etc.

### **Fundraisers for Prostate Cancer**

- . Plan a fundraiser for Men's Health Network (MHN) prostate cancer outreach efforts and the Dean and Betty Gallo Prostate Cancer Center.
- . Plan a 5K Walk in your town.
- . Put out donation jars at local restaurants and stores as well as in your office.
- . Plan a "Wear Blue" day at your office:
  - o If you donate \$5 to MHN you can wear jeans and something blue to work on that day
- . Sell blue prostate cancer pins to wear in support of the fight against prostate cancer.

### **Create awareness for men's health**

- . Plan a "Wear Blue Day" to help spread the knowledge of Men's Health Week.
- . Set up a table at a store, restaurant, hallway at work, gym, library, community center, etc with brochures and information on men's health and Men's Health Week.
- . Hold a town hall meeting on a major women's health issue and broadcast it via satellite to communities across the nation.
- . Ask local churches and other faith-based organizations to talk about National Men's Health Week and to include information about it in the church flyers/newsletters.
- . Distribute health brochures that focus on the health of men and their families. Contact [info@menshealthweek.org](mailto:info@menshealthweek.org) for brochures or download them at [www.menshealthlibrary.com](http://www.menshealthlibrary.com) .

**Ask your City Council to issue a resolution** regarding National Men's Health Week, alert the media, and invite community members to the signing. Send a copy of the proclamation to [info@menshealthweek.org](mailto:info@menshealthweek.org) for display on the web site.

**Take your dad/brother/uncle/grandfather/significant other to the doctor.**

**Give him a Father's Day care with a doctor's appointment as a gift.**

**Plan some fitness activities at lunch time or after work:**

Bring your coworkers or neighbors together to be healthy and active. Some activities could include:

- |                      |                  |
|----------------------|------------------|
| o Walking            | o Pick up soccer |
| o Golfing            | o Flag football  |
| o Tennis             | o Frisbee        |
| o Bowling            | o Bicycling      |
| o Pick up basketball | o Hiking         |
| o Softball/baseball  |                  |

**Ask local newspapers or media** to sponsor writing or poetry contests on the topic of men's health. You can ask young people to write about the importance of being healthy and how it affects the family.

**Write** an opinion article about men's health and how it affects the entire family and submit it to your local newspaper.

**Write** an article or letter to the editor explaining how a member of your family worked through his/her health problems and suggesting that the readers get their health checked.

**Finally:**

Let us know what your plans are and we can put those on the men's health calendar perhaps feature it in our national media releases. Send those plans to: [info@menshealthweek.org](mailto:info@menshealthweek.org) or call 202-543-6461 x 101.

For questions or comments on this website contact us at: [attn@menshealthweek.org](mailto:attn@menshealthweek.org)