



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**Men's Health Month 60 Second PSA**

Did you know that June is Men's Health month?

Ladies, now is the time to encourage the men and boys in your life to make that doctors appointment he's been putting off or talk to the doctor about the symptoms he has been having. We're out living men by 5 years, let's change that by raising awareness this month on preventable health problems, early detection and treatment of diseases that impact men and boys.

Men, it's time to talk to the younger generation and encourage healthy life styles, exercise more, drink more water, and cut down on junk food. Let's set an example for our kids that will not only affect their lives but the lives of their children. June is the perfect time to schedule your annual checkup and make those healthy life style changes.

For more information visit our website [w-w-w dot Alabama public health dot gov](http://www.alabamapublichealth.gov).

**For more information, contact: Ashley Tiedt  
[Ashley.Tiedt@adph.state.al.us](mailto:Ashley.Tiedt@adph.state.al.us) / 334-206-2080**