



Questions? Contact: publichealth@montgomerycollege.edu

MEN'S HEALTH MONTH

JUNE



Preventive Care & Screenings

Regular check-ups help detect health issues early.

Screenings for blood pressure, cholesterol, diabetes, and prostate cancer are important for prevention and early treatment.

Heart Health & Healthy Habits

Heart disease is a leading health risk for men. Staying active, eating balanced meals, avoiding tobacco, and managing stress all support a healthier life.

Take Charge of Your Health

Mental Health Awareness

Mental health is just as important as physical health. Stress, anxiety, and depression are common, talking about it and seeking support is a strong and important step.

Small steps today lead to a healthier tomorrow. Don't wait, schedule your check-up and prioritize your well-being this June.