

MEN'S HEALTH WEEK

Monday 11th - Sunday 17th June 2018

*One small step for man
One giant leap for
men's health*

*What's your small
step going to be?*

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#MensHealthWeek



Seirbhís Síolta
Níon Faoir
& Forbairt

Building a
Better Health
Service



Photograph courtesy of NASA



Hi there,

It's hard to believe that it's now almost fifty years since Neil Armstrong told the world that 'the Eagle has landed' and got out of the Lunar Module saying some of the most famous words in history: 'One small step for [a] man. One giant leap for mankind'. This was certainly an iconic moment.

Neil and his colleagues (Buzz Aldrin and Michael Collins) had taken a huge step into the unknown. There was a great challenge in front of them, but they met it head on. They were in a vulnerable situation, but they relied on each other's support and the back-up of (as Neil later said) hundreds of thousands of people behind the project.

During Men's Health Week 2018, people in Ireland are also being asked to do something out of this world. Everyone is encouraged to work together to do one small practical thing to improve their own health and the health of men across the island. The big question is: *what's your 'one small step' going to be?...*

Have a great week!

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