

#MensHealthWeek #MHW2020

Monday 15th June -
Sunday 21st June 2020

MEN'S HEALTH WEEK 2020

RESTORING THE
BALANCE
BE PART OF THE SOLUTION

Visit
www.mhfi.org
to find out more



Seirbhís Sláinte
a Níosa Feara
& Forbairt

Building a
Better Health
Service



HSC Public Health
Agency
Project supported by the PHA



Hi there,

These are really challenging times.

Coronavirus / COVID-19 has caused uncertainty, disruption and a sense of fear for many of us. For others, it has had even more devastating consequences.

However, the past few months have also shown us the best side of males - when the vast majority have answered the call and did their bit to 'flatten the curve', offer practical help to others, home-school their children, strengthen community spirit and protect the vulnerable people around them. We should celebrate this contribution.

From 15th - 21st June 2020, Ireland will be joining with other countries during International Men's Health Week to heighten awareness of the health issues facing men and boys, and encourage practical action to overcome these difficulties. Rarely has this been more needed!

Throughout the week, everyone is asked to 'BE PART OF THE SOLUTION' and to do something realistic and practical - no matter how small - to help to RESTORE SOME BALANCE and stability in everyone's lives.

So, are you up for the challenge?

If so, find out more at:

www.mhfi.org/mhw/mhw-2020.html

Affix
stamp
here