

National Men's Health Week

According to the Georgia Commission on Men's Health, On March 10, 2000, the Georgia General Assembly passed House Bill 1235, which created the Georgia Commission on Men's Health, to address the on-going, increasing and predominately silent crisis in the health and well-being of Georgia men. Due to lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily. Men's health is also a concern for women because of the husbands, fathers, sons and brothers in their lives.

National Men's Health Week is June 13-21, 2009. The goal of National Men's Health Week was to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men's Health Week provides a time for families to focus on men's health through participation in screening, health fairs, seminars and discussion groups.

We encourage all men to take an opportunity to get information about your health go to the doctor to get your annual checks (blood pressure, blood sugar, prostate and colon exams) it could be the different of longer life or death.

There will be a men's health workshop at the Grand Lodge meeting on Tuesday, June 16, 2009 at 11:30p.m. located at the Marriott Riverfront Hotel in Savannah. All are invited and welcome to attend.

The "Wear Blue" is a national campaign that encourages all men to wear something blue or a blue ribbon to show support of men's health initiatives and to remember the many men that have die due to prostate cancer and other preventable diseases.

"Men: It's Time to get a Health Check!"

For more health information contact the Prince Hall Men's Health Committee or contact

Brother Thomas Walters (404) 569-7257 or Brother Javier Cola (678) 778-2298

Happy Father's Day!

[Wear BLUE](#) was created by Men's Health Network to raise awareness about men's health issues.

There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily.

A [Wear BLUE](#) event can educate men, women, and their families of the need to raise awareness of this silent crisis in men's health.

Use the information, tools, and resources on this site to help you plan an impactful [Wear BLUE](#) event in your workplace, religious, or community group. [Wear BLUE](#) provides a unique platform for awareness and education efforts as well as visual support.

[Wear Blue](#) to remind men the importance of staying healthy.

[Wear Blue](#) and become part of a national movement.

[Wear Blue](#) to let men know we care.

[Wear Blue](#) to keep men healthy and alive.

It is simple to get involved in this movement and plan your own [Wear BLUE](#) event.

Create a BLUEprint for your event using the steps below:

[Form A Team](#), recruit people from work, school, social groups or place of worship, and of course friends and family members.

1. [Pick your day](#)... to host your event and make a personal donation to Men's Health Network. Groups can download tools for their event including posters (link to posters in Toolbox) and emails to promote your day, and brochures and booklets (both link to MHN Store) that cover male health issues.
2. [Choose your BLUE](#). Dress up by wearing blue dresses, suits, slacks, or ties. Go casual by wearing BLUEjeans, caps, tennis shoes, or a jersey. You can even purchase Blue Ribbon Pins online at the [Mhnstore.com](#)!
3. [Make it Fun!](#) Personalize your day with other activities such as a sporting event, informational speakers, BBQ or picnic, or a simple BLUEjean day at work. Use the [BLUE Toolbox](#) provided to help make your [Wear BLUE](#) day a hit!
4. [Encourage others](#) to make a difference. [Download tools](#) from our website to participate and to donate!