

Men's Health Matters

10th-16th June 2024

Next week throughout the UK is "Men's Health Week." It's aim is to shed light on important health issues affecting men and boy's of all ages. It focuses on general wellbeing, mental health, addressing stigma, and promoting support. Your PPG is supporting the Horndean Surgery by promoting this, the first of many awareness weeks.

The idea of Men's Health Week is to get men to look at their health and create positive changes for a happier, healthier life.

Together, we can help break down some of those barriers regarding health issues by providing some information relating to local and national support for a healthier and happier life.

The week also emphasises cardiovascular health, encouraging exercise, healthy eating, and screenings, addressing social isolation and loneliness along with Prostate cancer awareness and early detection. Maybe try an online risk checker

[Click Here To Check Your Risk Now](#)

During the week we will be highlighting a different topic on the Horndean Surgery Facebook page, why don't you follow this group?

If ***anything*** has been on your mind recently remember it's good to talk. You may be surprised to learn that you are not alone & others have had the same concerns.