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MOSELEY AVENUE SURGERY

SURGERY NEWSLETTER

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MENS HEALTH WEEK

Men are supposedly obsessed with numbers but when it comes to our own health, there are quite a few we don't know. Men's Health Week 2019 takes up that challenge.

So the first number we need to know is 10: Men's Health Week begins on 10th June and ends the 16th.

The Men's Health Forum are raising awareness of:

- 7 numbers that all men need to know
- 5 statistics that policy-makers and service-providers need to know if they're to reach men effectively.



For men who want to get to know their numbers better, the Forum is also publishing Man MOT, a new interactive manual that enables men to check their own health and then challenges them to do better. Man MOT has 25 health challenges in total.

To find out more please visit: www.menshealthforum.org.uk

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2019 INTERNATIONAL MEN'S HEALTH WEEK

#menshealthweek