

MAN UP

TAKE CONTROL OF YOUR HEALTH

Men face unique health challenges, and one of the most dangerous is their reluctance to seek health care.

Men's Health Month exists to alert, inspire, and educate men to realize that the manliest thing they can do is take responsibility for themselves so they can care for those they love.

So MAN UP, and start taking control of your health today so you can be there to care for your loved ones tomorrow.

Visit our Man Up page at FOH for "[Five Manly Steps to Good Health.](#)"