

NAUGATUCK VALLEY HEALTH DISTRICT

June 2025

HELL
Summer

In The Community




Teddy Bear Clinic

In May, Kristie, Austin, and Vanessa had a wonderful time visiting Plumb Memorial Library for a Teddy Bear Clinic! Children brought their stuffed animals for a fun check-up and learned about health and wellness in a comforting, hands-on environment. It was a great way to ease fears and spark curiosity. Thank you to everyone who joined us!



Matter Of Balance at Ansonia Senior Center

On Tuesday May 20th, NVHD Health Educator Lisa Trupp and Assistant Director of Community Health Carissa Caserta completed the eight-week falls prevention program A Matter of Balance at the Ansonia Senior Center. The participants learned how to manage fears of falling, exercises to help with balance, and how to make their homes free from fall hazards. The successful program had nine completers from the Ansonia senior center. For more information about upcoming community health programs, contact Lisa Trupp at 203-881-3255, ext. 108.



Derby 350



Derby marked the founding of the township over the weekend of May 30th to June 1st, with Lisa Trupp and Austin Telford (pictured at right) on hand to help celebrate. The weekend long event included everything from a time capsule opening, fireworks, a pub crawl, live music and a formal gala. The weekend events were well attended by both long time Derby residents and newcomers exploring Derby for the first time. Congrats to Derby for a wonderful event!



Health Observances in June



Alzheimer's & Brain Awareness Month

PTSD Awareness Month

Cataract Awareness Month

National Migraine & Headache Awareness Month

Men's Health Month

National Cancer Survivors Day | June 1

Global Heat Action Day | June 2

Naloxone Awareness Day | June 6

World Food Safety Day | June 7

Men's Health Week | June 9 - 15

American Family Health & Fitness Day | June 14

World Blood Donor Day | June 14

National PTSD Awareness Day | June 27



Community Health Improvement (CHI) Week | June 9 - 13

Community Health Improvement Week is an annual recognition week that focuses on honoring those working in partnership to improve the health and well-being of individuals and communities and advance health equity.

This June, Naugatuck Valley Health District will complete the 2025 Community Health Index, alongside our partners Griffin Hospital, Valley Council for Health & Human Services, Valley Community Foundation, Griffin Health Prevention Resource Center and DataHaven. This document will serve as a snapshot into life in the Naugatuck Valley through the lens of economic stability, health and mental health, childhood and education, and seniors and aging. The document sources data, both quantitative and qualitative, comprised of surveillance and data collection sites, community surveys, and other data access points relative to life in the Valley. The index will be presented to the community on July 18th, 2025, 8:15 to 10:30am at 1 Corporate Dr. in Shelton.

The public is encouraged to attend.

After the presentation of the index, the next step is to form the 2025 - 2018 Community Health Improvement Plan for the Valley.

Three to five of the most pressing issues in the Valley will be chosen by committee members and the attending public to be the focus of the improvement plan.

To have your voice heard, please feel free to join us on July 18th for this important discussion.



UPCOMING NVHD EVENTS: JUNE-JULY 2025



Chronic Disease Self-Management

Naugatuck Valley Health District will be offering a free, six-week, Live Well With Chronic Disease Self-Management program at the Naugatuck Senior Center. Classes will be held Tuesdays, beginning July 1st through August 5th, 9:00 to 11:30am.

Participants will learn:

- Practical ways to deal with pain and fatigue.
- Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
- Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life!

For more information or to sign up, see attached flyer.

Diabetes Self Management

Naugatuck Valley Health District will be offering a free, six-week, one-hour, phone based, Live Well with Diabetes Self-Management program. Classes will be held Wednesdays, beginning July 2nd through August 6th, with two times options for the one-hour program: 10:00am to 11:00am or 6:00pm to 7:00pm

Participants will learn:

- Healthy eating and physical activity advantages
- Low and high blood sugar guidelines and monitoring
- Tips for dealing with stress
- Setting and achieving small weekly goals

For more information or to sign up, see attached flyer.

EMPLOYEE SPOTLIGHT



National Nurses Day-May 6th, 2025

Naugatuck Valley Health District recognized our Public Health Nurse, Kristie D'Averso on National Nurses Day. Nurse Kristie is an integral part of the NVHD community, providing immunizations, guidance and support to the Naugatuck Valley. Thank you Kristie for all you do!



Graduation Day!

NVHD celebrates our new Master of Public Health, Vanessa Lopez!
Vanessa received her Master's Degree at Southern Connecticut State University's commencement ceremony Thursday, May 22, 2025. We are looking forward to Vanessa applying her skills in Health Promotion to her new role as NVHD's Public Health Specialist. Congratulations Vanessa!



Lead Inspector-Risk Assessor Recertification

During April and May, NVHD had six staff members complete their Lead Inspector/Risk Assessor recertification:
Melanie Dokla, BS, RS-Assistant Director of Environmental Health Services
Laurel Shaw, MPH, RS-Chief Environmental Specialist
Amanda Ruchin, BS, RS-Housing Code Enforcement Officer, Registered Sanitarian
Amy Durand, MPH, RS-Housing Code Enforcement Officer, Registered Sanitarian
John Mucha, MPH, RS-Registered Sanitarian
Lisa Trupp, CCHW- Health Educator

This training is offered annually by the Connecticut State Department of Health to insure all of our inspectors have the most update information regarding lead case management and lead abatement.
Great work, inspectors!



For current job postings, please visit <https://www.nvhd.org/category/job-postings/>

For internship opportunities, please email your resume to Director Kristy at jkristy@nvhd.org

ENVIRONMENTAL HEALTH NEWS

HEALTHY & SAFE SWIMMING

Why it Matters

Swimming and other recreational water activities come with health and safety risks, like swimming-related illnesses and drowning. Swimming-related illnesses are diseases that people can get from germs in the water in which they swim and play. Drowning is the leading cause of death for children aged 1–4 and the second leading cause of unintentional injury death for kids aged 5–14. Natural bodies of water like oceans, lakes, and rivers can come with additional hazards. Knowing the safety and quality of those waters before visiting them is important.



Pool Chemicals

Mishandling pool chemicals can cause serious injuries. Pool chemical injuries lead to about 4,500 U.S. emergency department visits each year, and over one-third of these preventable injuries are in children or teens.

Germs

Just one diarrheal incident in the water can release millions of diarrhea-causing germs. These germs can make other swimmers sick if they swallow a small amount of contaminated water. Most germs are killed within minutes by chlorine at the recommended levels.

For more information on healthy and safe swimming, please visit <https://www.cdc.gov/healthy-swimming/safety/index.html>



During the summer, samples are collected weekly from two public swimming areas in the Valley and are analyzed at the Department of Public Health (DPH) Lab for the presence of certain indicator bacteria.

Beach and/or bathing water (public swimming water) quality is measured by the presence of enterococcal organisms, which are a group of organisms that may indicate the presence of potentially harmful bacteria.

The State of Connecticut has guidelines for bathing water quality, which are used to determine if a bathing area needs to be resampled or posted with an advisory.

A concentration of enterococcal organisms exceeding 104 colonies per 100 ml of marine water and 235 colonies per 100 ml of freshwater is considered unsatisfactory for bathing.

Indian Well State Park in Shelton is sampled weekly by the Connecticut Department of Energy and Environmental Protection (CT DEEP). View the current status online at: <https://ctparks.com/water-quality-report>

The Recreation Camp in Derby is sampled weekly by the Naugatuck Valley Health District.

Weekly status updates for both swimming areas are posted to the NVHD website, www.nvhd.org.

According to the Centers for Disease Control and Prevention (CDC), more children ages 1-4 die from drowning than any other cause of death and according to Safe Kids Worldwide, it's the third leading cause of unintentional injury-related death among children 19 and under.

Water Habits Are Learned Early is the theme to the American Red Cross' **Longfellow's WHALE Tales program**. This water safety education program, available in English and Spanish, is a drowning prevention initiative composed of nine unique water safety lessons designed to educate young children in a dryland/classroom environment.

You don't need special certification to utilize this education program! If you will be swimming this summer, check it out to help increase your swim safety!

Swimwear Safety

In the Lake



In the Pool



<https://www.redcross.org/take-a-class/teach-water-safety/whale-tales>

<https://www.redcross.org/cruz-roja/obtener-ayuda/tipos-de-emergencias/seguridad-acuatica/ensene-el-programa-whale-tales.html>



Climate change is turning up the heat around the world. But together, we can **#BeatTheHeat!** The theme of Heat Action Day 2025 is “how to recognize heat exhaustion and heat stroke”.



Extreme heat is the leading cause of weather-related deaths in the United States

<p>EXTREME HEAT WATCH</p> <p>An Extreme Heat Watch is issued when dangerous heat is possible.</p> <p>Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.</p> <p>Be Prepared.</p> <p> weather.gov</p>	<p>EXTREME HEAT WARNING</p> <p>An Extreme Heat Warning is issued when dangerous heat is happening or about to happen.</p> <p>Avoid heavy activity & direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly & pets.</p> <p>Take Action!</p>
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HEAT EXHAUSTION

- COOL, PALE AND CLAMMY SKIN
- RAPID, WEAK PULSE
- MUSCLE CRAMPS
- FAINT OR DIZZY
- EXCESSIVE SWEATING



- GET TO A COOLER PLACE
- DRINK WATER IF FULLY CONSCIOUS
- TAKE A COOL SHOWER OR USE COLD COMPRESSES

HEAT STROKE

- THROBBING HEADACHE
- MAY SHOW SIGNS OF CONFUSION
- RED, HOT AND DRY SKIN
- HIGH BODY TEMPERATURE
- MAY LOSE CONSCIOUSNESS
- RAPID, STRONG PULSE



- CALL FOR EMERGENCY HELP
- TAKE ACTION TO COOL THE PERSON UNTIL HELP ARRIVES

HEAT CRAMPS

- HEAVY SWEATING DURING INTENSE EXERCISE
- MUSCLE PAIN OR SPASMS



- STOP PHYSICAL ACTIVITY AND MOVE TO A COOL PLACE
- DRINK WATER OR A SPORTS DRINK
- WAIT FOR CRAMPS TO GO AWAY BEFORE YOU DO ANY MORE PHYSICAL ACTIVITY
- GET MEDICAL HELP

SUNBURN

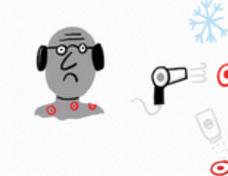
- PAINFUL, RED, AND WARM SKIN
- BLISTERS ON THE SKIN



- STAY OUT OF THE SUN UNTIL YOUR SUNBURN HEALS
- PUT COOL CLOTHES ON SUNBURNED AREAS OR TAKE A COOL BATH
- PUT MOISTURIZING LOTION ON SUNBURNED AREAS
- DO NOT BREAK BLISTERS

HEAT RASH

- RED CLUSTERS OF SMALL BLISTERS THAT LOOK LIKE PIMPLES ON THE SKIN (USUALLY ON THE NECK, CHEST, GROIN, OR IN ELBOW CREASES)



- STAY IN A COOL, DRY PLACE
- KEEP THE RASH DRY
- USE POWDER (LIKE BABY POWDER) TO SOOTHE THE RASH

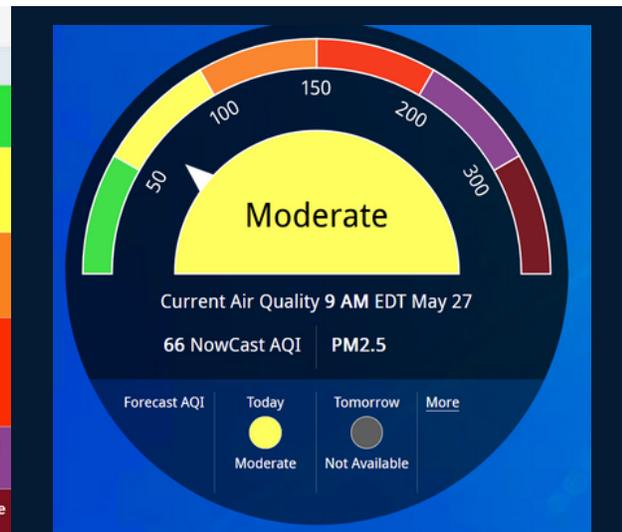
Stay informed this summer - learn about the Air Quality Index (AQI)!

“The U.S. Air Quality Index (AQI) is EPA's tool for communicating about outdoor air quality and health. The AQI includes six color-coded categories, each corresponding to a range of index values. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality.” - AirNow.gov

Check the real-time AQI for your zip code at AirNow.gov or by downloading the mobile app!

AQI Basics for Ozone and Particle Pollution

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.



The Naugatuck Valley Health District understands that mental health is an important part of the health of an individual as a whole. In recognition of Mental Health Awareness month this May, NVHD and our community partners offered and attended several programs to support the health of the community.



Question, Persuade, Refer (QPR) Suicide Prevention Training

NVHD staff offered two QPR Suicide Gatekeeper trainings in May.

On May 9th, Health Educator Lisa Trupp lead a virtual QPR Lunch and Learn, in partnership with the Connecticut Public Health Association's Health Education committee. 24 people attended and received one year gatekeeper certificates from all segments of the community.

On May 29th Lisa partnered with NVHD's Overdose Prevention Coordinator Austin Telford to offer an evening training. This session had 12 participants receive their Gatekeeper certifications.

For information about upcoming trainings or to schedule a training for your organization, please contact Lisa Trupp at 203-881-3255, ext. 108 or ltrupp@nvhd.org.

To learn more about QPR, please visit https://bit.ly/About_QPR



Psychological First Aid

On Wednesday May 21st, NVHD partnered with the Connecticut Department of Mental Health and Addiction Services Disaster Behavioral Health Response Network (DBHRN) to offer a free, virtual Psychological First Aid training. The program is an "evidence-informed modular approach to help children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. Individuals affected by a disaster or traumatic incident, whether survivors, witnesses, or responders to such events, may struggle with or face new challenges following the event."

The 2.5 hour long session had 13 in attendance. For more information about additional sessions, please contact Jess Kristy at jkristy@nvhd.org. To learn more about Psychological First Aid, please visit https://bit.ly/NTCTSN_PFA

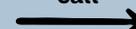


Connecticut Suicide Prevention Conference

On Thursday, May 8th Health Educator Lisa Trupp attended the 2025 Connecticut Suicide Prevention Conference at the Sheraton Hartford South Hotel in Rocky Hill. The conference focus was on the strength of a collaborative community approach to stemming the tide of suicide in our state. There were speakers and several workshops, with topics like Students Leading the Charge, Suicide and Law Enforcement, Safe Messaging When Reporting Loss and more. The conference was a great learning experience and NVHD will seek to deploy the objectives learned in the Valley community.



If in crisis, please text or call



988
SUICIDE
& CRISIS
LIFELINE

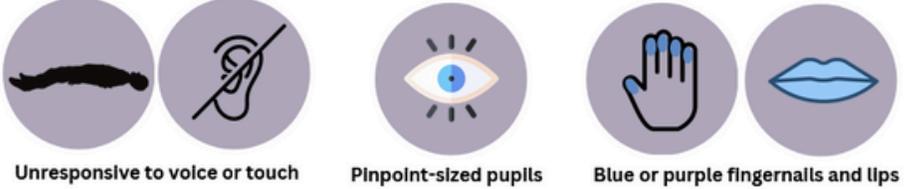


Wear purple on June 6th for National Naloxone Awareness Day

First observed in 2023, National Naloxone Awareness Day is recognized annually on June 6th to increase public awareness and access to Naloxone as a tool to prevent fatal overdoses. Naloxone hydrochloride is used to rapidly reverse the effects of an opioid overdose and it is more commonly known by the name brand Narcan, among others.

If you suspect an opioid overdose, call 911 and get emergency medical assistance immediately.

Good Samaritan Law in Connecticut protects people who call 911 seeking emergency medical services for an overdose from arrest* for possession of drugs/paraphernalia. The law also provides protection from civil liability and criminal prosecution for administering naloxone (Narcan) in response to an overdose.
*Good Samaritan Law does not protect someone from other charges and does not stop the police from serving a search or arrest warrant if that was already in process.



Recognizing an Opioid Overdose

Unresponsive to voice or touch Pinpoint-sized pupils Blue or purple fingernails and lips

Slow heartbeat or low blood pressure Pale, clammy skin Slow, irregular, or stopped breathing

Signs of an opioid overdose may include the above, but not all these signs may be present during an overdose.

Need Narcan?



Contact Overdose Prevention Navigator Austin for Narcan and other harm reduction supplies at 203-881-3255 x 128 or by email atelford@nvhd.org

6th Annual F.A.D.E. Walk/Run on June 26th in Shelton!

Are you passionate about running or walking for a meaningful cause? Join us for this year's F.A.D.E. (Fighting Against Drugs Everywhere) Walk/Run in support of those in our communities affected by opioid overdose.

Date: Wednesday, June 26th
Time: Timed race/walk begins at 5:00 PM
Following the race: Candlelight remembrance and reading of names to honor those we've lost

This heartfelt community event is open to all. Advance registration is required for runners and walkers. Register at <https://bit.ly/4kfREkr>.

Let's come together to raise awareness, show support, and remember those impacted by the opioid crisis.

Contact LMcfarand@bhcare.org for more information



**June 26, 2025
 5:30 - 9:00 pm**

(Followed by a candlelight memorial)
Shelton Pavilion & Riverwalk

Register at: <https://bit.ly/4kfREkr>



All proceeds benefit BHcare's Alliance for Prevention & Wellness.





'It's Your Life...Live it Well'

FREE Diabetes Self-Management Phone-Based Workshop



Small group sessions designed to learn about diabetes & pre-diabetes including:

- Healthy eating ·Foot care ·Low and high blood sugar
- Guidelines for when you're sick ·Tips for dealing with stress
- How to set small and achievable goals



Meetings are one hour in duration, for six-weeks
 Beginning Wednesday, July 2nd through August 6th
 Two time options: 10:00am to 11:00am
 or 6:00pm to 7:00pm



Phone Based Program Access details provided at registration To register, please call 203-881-3255, ext 107 or 108. **specify time preference when you register*

Free books for participants!
 Space is limited, so sign up today!

Take Control



Feel Better



Energize



Live



Enjoy





'It's Your Life...Live it Well'

FREE Chronic Disease Self-Management Workshop

Take Control



Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, diabetes or depression? This workshop can help you be in control and feel better!

Feel Better



You will learn:

- Practical ways to deal with pain and fatigue.
 - Better nutrition and exercise choices.
- Better ways to talk to your doctor about your health.
 - Communication techniques to make your needs known.
- How to make a step-by-step plan to improve your life!

Energize



Naugatuck Senior Center

300 Meadow St, Naugatuck

Tuesdays,

July 1 through August 5 from 9-11:30 am

To register, call Harvey

Live



at (203) 720-7069 or sign up in-person

Enjoy

Free books for participants!
Space is limited, so sign up today!



SCHOOL VACCINATIONS

Appointments Available

Monday – Thursday: 8:30 AM – 3:30 PM

Friday: 8:30 AM – 12:30 PM

Immunizations Available:

DTaP, Hepatitis A & B, Meningococcal,

MMR, Polio, Tdap, HPV & Varicella

FREE for children on HUSKY (Up to 18 years old)

OR

**If not on Husky, a fee of \$20 for the first vaccine/
\$10 for each additional vaccine**

To make an appointment,

CALL: Nurse Kristie

at 203.881.3255, EXT: 107



VACUNAS ESCOLARES

Citas Disponibles

Lunes – Jueves: 8:30 AM – 3:30 PM

Viernes: 8:30 AM – 12:30 PM

Vacunas Disponibles

DTaP, Hepatitis A y B, Meningocócica,

MMR, Polio, Tdap, HPV y Varicela

GRATIS para niños con HUSKY (Hasta 18 años)

O

Si no tiene Husky, hay una tarifa de \$20 por la primera vacuna/\$10 por cada vacuna adicional

Para hacer una cita, LLAME

a: Enfermera Kristie al

203.881.3255, EXT: 107



Join **Naugatuck Valley Health District** staff for a

Teddy Bear Clinic!

Going to the doctor can make anyone feel anxious—especially kids.

To ease their fears, children will have a chance to play doctor with their favorite toy, providing it with the same care they will receive at the doctor's.

Help your child gain confidence for their next medical visit at NVHD's June Teddy Bear Clinics!

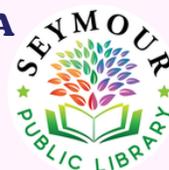
Where: Seymour Public Library

When: Tuesday, June 17th, 11am-12pm



Register online: <https://forms.gle/T7ysf7H5hcv1VBVSA>
or call **(203) 888-3903**

**Seymour Public Library in collaboration with
Beacon Falls Public Library**



Where: Ansonia Library 53 S. Cliff St, Ansonia

When: Wednesday, June 18th, 11:30am-1pm

Register online by scanning
the QR code:

All ages welcome!



B.Y.O.B.

Bring your own bear
(or favorite stuffed toy)!



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District

Únase con el **Distrito de Salud de Naugatuck Valley** para una

¡Clínica Teddy Bear!

Ir al médico puede generar ansiedad en cualquier persona, especialmente en los niños. Para aliviar sus miedos, los niños tendrán la oportunidad de jugar al médico con su juguete favorito, brindándole el mismo cuidado que recibirán en la consulta del médico.

¡Ayude a su hijo a ganar confianza para su próxima visita médica en las Clínicas Teddy Bear de NVHD en junio!

Dónde: Seymour Public Library

Cuándo: martes, 17 de junio, 11am a 12pm

Regístrate en línea:

<https://forms.gle/T7ysf7H5hcv1VBVSA> o llame al
(203) 888-3903

**Seymour Public Library en colaboración con
Beacon Falls Public Library**



Dónde: Ansonia Library 53 South Cliff St. Ansonia

Cuándo: miércoles 18 de junio, 11:30am a 1pm

Regístrate en línea
escaneando el código QR:

**¡Todas las edades son
bienvenidas!**



T.T.P.O.

¡Trae tu propio oso
(o juguete de peluche favorito)!



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District

FREE **Kids' Bike Parade!**



Saturday, June 7
Quarry Walk, Oxford
10:30 am: Bike decorating tent opens
1:00 pm: Bike Parade

Decorate your bike, trike, wagon or stroller, and join us for a FREE kids' bike parade, led by WTNH, Co-Chief Meteorologist, Joe Furey, around the Quarry Walk Green!

FREE bike helmets, lights and locks to those who preregister.

BHcare
Hope • Health • Recovery





—14th June—
**WORLD
BLOOD
DONOR
DAY**

GIVE
BLOOD
share life

life

World Blood Donor Day is celebrated annually on June 14 to raise awareness about the need for safe blood and to thank voluntary blood donors for their lifesaving contributions.

The American Red Cross, along with other organizations, emphasizes the importance of blood donations, especially during the summer months when donations typically decline. The day serves as a reminder of the critical role blood donors play in supporting patients in need of blood and platelet transfusions.

To schedule an appointment to donate, download the Red Cross Blood Donor App, visit [RedCrossBlood.org](https://www.RedCrossBlood.org) or call 1-800-RED CROSS (1-800-733-2767).



**American
Red Cross**



Public Health
Prevent. Promote. Protect.
**Naugatuck Valley
Health District**

PTSD TREATMENT WORKS

Why wait?

www.ptsd.va.gov

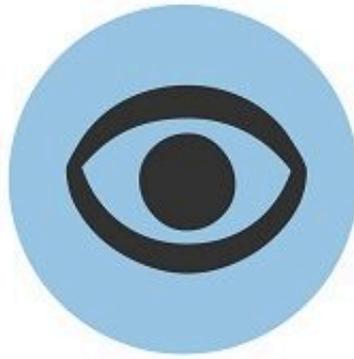
Posttraumatic stress disorder (PTSD) is a mental health problem. PTSD can only develop after you go through or see a life-threatening event. It's normal to have stress reactions to these types of events, and most people start to feel better after a few weeks. If symptoms last longer than a month and are causing problems in your life, it could be PTSD. Learn about PTSD symptoms and treatments to help you recover.

Learn more about PTSD here



PTSD Basics - PTSD: National Center for PTSD

Veteran.com
 **COMMUNITY**



Cataract

Awareness

Month

● June ●

Cataract is one of the leading causes of blindness in the United States. If not treated, cataracts can lead to blindness. In addition, the longer cataracts are left untreated, the more difficult it can be to successfully remove the cataract and restore vision. During Cataract Awareness Month in June, the American Academy of Ophthalmology reminds the public that early detection and treatment of cataracts is critical to preserving sight.



AMERICAN ACADEMY
OF OPHTHALMOLOGY®

CELEBRATING MEN'S HEALTH
AWARENESS MONTH

MEN'S HEALTH SUMMIT



LETS SPEAK UP



LETS TAKE ACTION



LETS CELEBRATE MEN

**THIS IS MORE THAN JUST
A SUMMIT –
IT'S A MOVEMENT TO
EMPOWER, EDUCATE, AND
ELEVATE MEN ACROSS
CONNECTICUT!**

There will be:

- FREE On-Site Health Screenings
- Dynamic Guest Speakers on Mental & Physical Health
- Raffles, Prizes & Giveaways
- Resources to Help You Take Charge of Your Health

To learn more about Men's Health
visit: <https://bit.ly/CTMensHealth>



Saturday, June 28, 2025



12:00 PM – 4:00 PM



Goodwin University

1 Riverside Drive
East Hartford, CT 06118

Sponsored By:



REGISTER AT: <https://bit.ly/MensHealthSummit2025> or

FOR MORE INFORMATION CALL: (617) 650-3391



Celebrate Men's Health Throughout the Year

Visit the Men's Health Resource Center:

www.MensHealthResourceCenter.org

Develop a Wear Blue program where you work, pray, or play:

www.WearBlueForMen.com

Follow the latest men's health news at

Talking About Men's Health:

www.TalkingAboutMensHealth.com

Learn about Men's Health Month, view Governor/Mayor proclamations, and more:

www.MensHealthMonth.org

Find free flyers, brochures, and more in the Men's Health Library:

www.MensHealthLibrary.com

You can purchase brochures, door hangers, and books:

www.mhnstore.com

Learn about prostate health and Prostate Cancer Awareness Month:

www.ProstateHealthGuide.com

Learn about Testicular Cancer Awareness Month:

www.TesticularCancerAwarenessMonth.com

Subscribe to the MHN YouTube channel:

www.youtube.com/mhnmedia

Visit Men's Health Network:

www.MensHealthNetwork.org

Subscribe to the Healthy E-Male newsletter:

www.healthyemale.com

To learn about the Fathers Connection:

www.FathersConnection.org

For more information about the Fathers Connection and/or men's health program opportunities, call or email:

202-543-6461 x 101

info@menshealthnetwork.org



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MensHealthMonth



Follow us On Twitter



MensHealthMonth

THANKS FOR YOUR SUPPORT!

**CELEBRATE
LIFE!**

**NATIONAL
CANCER
SURVIVORS
DAY® 2025**

SUNDAY

JUNE 1

NCSD.ORG

**NATIONAL
CANCER
SURVIVORS
DAY® 2025**
a celebration of life 

[Click Here for Survivor
Information and Resources](https://www.ncsd.org)