



Mens Health AWARENESS WEEK 2024



MMAS
FOUNDATION
A big difference for little people

June 10 - June 16

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Men's Health Week

Men's Health Week is an annual observance that aims to raise awareness about the health challenges faced by men and promote strategies for better physical and mental well-being. This dedicated week shines a spotlight on the unique concerns impacting men. It is set to encourage men of all ages to prioritise their health, seek preventive care, and engage in conversations about important health issues.





By actively participating in this empowering week, we can make a positive impact on the lives of men in our communities. Whether it's encouraging regular check-ups, organising educational sessions, engaging in physical activities, sharing health information, or supporting men's health organisations, every effort counts towards creating a culture of proactive and holistic health among men.





We will be embracing Men's Health Week 2024 to raise awareness, promote open conversations, and empower men to take control of their physical and mental well-being. Together, we can make a difference and inspire a healthier future for all.



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