NOW, THEREFORE, I, Kathy M. Sheehan, Mayor of the City of Albany, New York, do hereby proclaim June 2019 to be:

"Men's Health Month"

The citizens of Albany are encouraged to increase awareness of the importance of a healthy lifestyle, regular exercise, and medical check-ups.

WHEREAS: The citizens of Albany are encouraged to increase awareness of the importance of a healthy lifestyle, including heart disease, mental health, diabetes, obesity, lifestyle and colon cancer.

WHEREAS: The City of Albany is proud of the Men's Health Month that will focus on a broad range of Men's Health issues.

WHEREAS: The Men's Health Month has been established as an annual campaign to raise awareness about the importance of Men's Health.

WHEREAS: The Men's Health Month is an initiative that seeks to educate and empower men to take control of their health and well-being.

WHEREAS: Men's health issues, such as prostate cancer, heart disease, and stroke, are significant and require awareness.

WHEREAS: Men's health problems can be prevented and treated with early detection and treatment.

WHEREAS: Men's health issues are prevalent among African-American men, and this highlights the need for increased awareness and education.

WHEREAS: Despite advancements in medical technology and research, men continue to live in areas of the country with lower health outcomes.

WHEREAS: The Men's Health Month is an opportunity to raise awareness and promote healthy lifestyles.