**PROCLAMATION**

MEN'S HEALTH MONTH

WHEREAS, despite advances in medical technology and research, men continue
to live an average of five years less than women, with Native American and
African-American men having the lowest life expectancy; and

WHEREAS, educating the public and health care providers about the importance
of a healthy lifestyle and early detection of male health problems will result in
reducing rates of mortality from disease; and

WHEREAS, men who are educated about the value that preventive health can play
in prolonging their lifespan and their role as productive family members will be
more likely to participate in health screenings; and

WHEREAS, fathers who maintain a healthy lifestyle are role models for their
children and have happier, healthier children; and

WHEREAS, the Men's Health Network worked with Congress to develop a national
men's health awareness period as a special campaign to help educate men, boys,
and their families about the importance of positive health attitudes and
preventative health practices; and

WHEREAS, the Men's Health Month web site has been established at
www.MensHealthMonth.org and features resources, proclamations, and
information about awareness events and activities, including Wear Blue for Men's
Health (www.WearBlueForMensHealth.com); and

WHEREAS, Johnstown's Men's Health Month will focus on a broad range of
men's health issues, including heart disease, mental health, diabetes, and
prostate, testicular and colon cancer; and

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

NOW, THEREFORE, I, Frank J. Janakovic, Mayor of the City of Johnstown, do
hereby proclaim June as Men's Health Month in the City of Johnstown, and
encourage all our citizens to pursue preventative health practices and early
detection efforts.

[Signature]

Frank J. Janakovic
Mayor
June 2019