The Council Chambers
City Hall
Portsmouth, New Hampshire

A Proclamation

Whereas: Despite advances in medicine, men live an average of five years less than women; and

Whereas: educating the public about the importance of a healthy lifestyle and early detection of male health problems will help reduce rates of mortality; and

Whereas: men who learn how preventive health care can prolong their lives with their families will be more likely to participate in health screenings; and

Whereas: fathers who maintain a healthy lifestyle are role models for their children; and

Whereas: the Men's Health Network has worked with Congress to develop a national men's health awareness campaign to help educate men, boys and their families about the importance of positive health attitudes and practices; 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, Rick Becksted, Mayor of the City of Portsmouth, on behalf of the members of the City Council and the citizens of Portsmouth, do hereby proclaim June as

Men's Health Month

Given with my hand and the Seal of the City of Portsmouth, on this 1st day of June 2020.

[Signature]

Rick Becksted, Mayor of Portsmouth