



**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:** the CDC has reported that males are more likely to die from the devastating COVID-19 pandemic; 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 can prolong their lives with their families by taking advantage of 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 declare June "Men's Health Month," and encourages people to "Wear Blue for Men's Health" to increase national awareness about the importance of positive men's health attitudes and practices; and
- Whereas:** the citizens of this City are encouraged to recognize 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 2021.

Rick Becksted, Mayor of Portsmouth

