



# PROCLAMATION

WHEREAS: The City of Stamford honors Men's Health Month to focus on men's health issues; including heart disease, mental health, diabetes, and prostate, testicular, and colon cancer; and

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

WHEREAS: Preventative health education about healthy lifestyles, exercise and medical check-ups for early detection, reduce male mortality rates and promote the importance of men as role models for a healthier and happier family; and

WHEREAS: The Men's Health Network established [www.MensHealthMonth.org](http://www.MensHealthMonth.org) which features resources and information including Wear Blue for Men's Health.

NOW, THEREFORE, I, DAVID R. MARTIN, Mayor of the City of Stamford, proclaim June 2021 to be:

## MEN'S HEALTH MONTH

in the City of Stamford, and encourage all of our residents to engage in a healthy lifestyle, regular exercise, and medical check-ups.

DAVID R. MARTIN, MAYOR

