



MEN'S HEALTH MONTH

Show us your Blue!

MHN
Men's Health Network
mensheathnetwork.org

THE
ManKind
Project[®]
U S A

#SHOWUSYOURBLUE

Social Health • Physical Health • Mental Health

Connect. Act. Share.

One of the most powerful choices you can make as a man is the choice to care for yourself. Men are often reluctant to seek the help they need because of cultural messages that we are supposed to be invulnerable. We're not. Fear and Shame can be powerful motivators to stay stuck in old behaviors that no longer help you. Today, you can take a big step toward changing old patterns.

www.mankindproject.org