

## MENS HEALTH MONTH

### *Did You Know?*

- Heart Disease is the leading cause of death for men. Risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, and inactivity.
- Men experience more deaths due to cancer than women.
- The majority of fatal injuries are men.
- Men have earlier stroke risk.



*Many of these health outcomes can be prevented with regular health monitoring and early detection*

Find out more at: [MensHealthNetwork.org](https://MensHealthNetwork.org)

## MENTAL HEALTH CORNER

We are offering free Summer Kids Yoga classes at the following locations for kids ages 2-12! Benefits of yoga for kids includes: increased mind-body awareness, learning self-regulation, and improved focus, coordination and self-esteem. This class will also be filled with lots of fun and silly activities and will be taught by our own Certified Kids Yoga Instructor.

### **Location:**

Breathitt County  
Public Library

### **Time & Day:**

3:30pm every  
Tuesday in  
June and July

### **Location:**

Menifee County  
Public Library

### **Time & Day:**

3:30pm every  
Wednesday in  
June and July

### **Location:**

Morgan County  
Public Library

### **Time & Day:**

1:00pm on  
June 19<sup>th</sup> and  
July 10<sup>th</sup>