

From: **Spanner in the Works?** no-reply@malehealth.org.au
Subject: Men's Health Week 2020 | Working together for Men's Health
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Working together for men's health

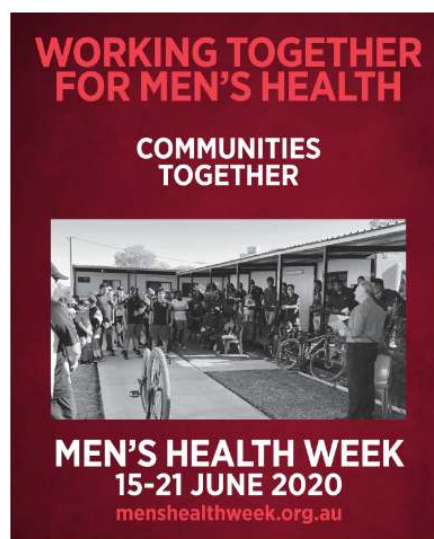
www.malehealth.org.au

Working together for men's health this Men's Health Week

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

Western Sydney University's Men's Health Information & Resource Centre leads Men's Health Week in Australia, celebrating the strengths of men, the contributions they make and the important role they play in society. It is as much as week of celebration and engagement of men with a serving of health on the side!

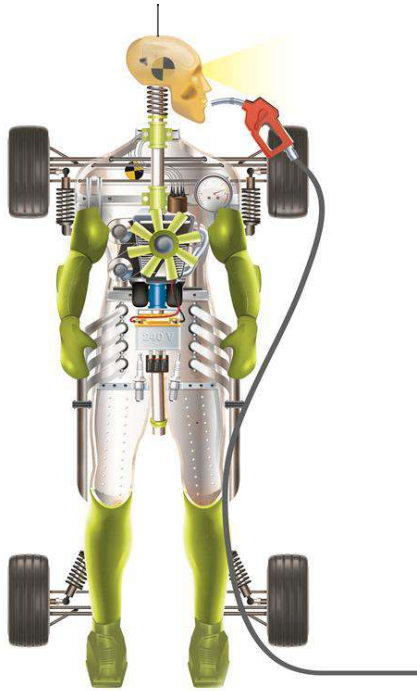
June is a busy month for men's health - with a number of



This resource is supported by funding provided by the Australian Government Department of Health



interesting activities and online events. *Have you got anything planned for Men's Health Week?* Let us know at info@malehealth.org.au.



Your annual service is due this month

Most blokes understand the consequences of poor vehicle maintenance and are usually quite particular about maintaining their machinery. However when it comes to looking after their most important piece of machinery—themselves—men often overlook preventative maintenance and an annual service.

Although COVID-19 has taken up a great deal of our 'health attention' - now is not the time to ignore a timing chain rattle, that bearing rumble in our machinery, or a sudden drop off in your car's performance... because we know they often lead to worse problems.

This Men's Health Week is your annual reminder to put yourself over the pits. And book in a service with your GP if there's something you're worried about.

Visit malehealth.org.au for more information about a regular maintenance and servicing schedule.



Why is good health important?

MEN'S HEALTH 



WEEK
2020

HEALTHY MALE
ANDROLOGY AUSTRALIA

Healthy Male ask: *Why is having good health important to you?*

Whether it's to keep up with the kids, play footy with your mates, or start out on your own adventure — the importance of having good health is unique to everyone.

To make sure you're able to do the things that are important to you, you need to look after your health. That doesn't just mean fixing problems as they come up. Having good health means looking after yourself as a whole — including your reproductive and sexual health.

Healthy Male know that reproductive and sexual health can sometimes feel like an awkward topic. So this Men's Health Week, we're starting the conversation through daily activities for you to get involved in.

Check out Healthy Male's Men's Health Week activities - there's one for every day of the week! Visit healthymale.org.au.



The Australian Men's Health Forum brings you the first Men's Health Connected Online Summit this June

Australia's biggest online men's health summit will run throughout June bringing together voices in men's health discussing a range of high profile topics and inviting diverse opinions across the sector.

Men's Health Connected is a free four-week event tailored for everyone who's committed to improving the lives and health of men and boys in Australia.

Zoom, Facebook Live, SKYPE and other like-digital platforms

have enabled people to connect from their homes, whether for business or personal purposes.

Men's Health Connected is a feast of the speakers and thought-leaders in men's health today, leading into Men's Health Week.

People are invited to take part in all, or some, of this men's health marathon. Read more at malehealth.org.au.



Good heart health is important for more than keeping your engine running



According to the Heart Foundation, people are at greater risk of experiencing mental illness following a heart event. So this Men's Health Week they're urging Australian men to get a Heart Health Check and avoid health problems on two fronts.

Your heart health should be on your General Maintenance & Servicing Schedule from an early age.

Read more at malehealth.org.au.





Health events this June

1st - 30th	Bowel Cancer Awareness Month	bowelcanceraustralia.org
1st - 5th	National Burns Awareness Month	anzba.org.au
1st - 7th	Orthoptic Awareness Week	vision2020australia.org.au
14th	World Blood Donor Day	donateblood.com.au
15th - 21st	Men's Health Week	menshealthweek.org.au



Spanner in the Works? Check your symptoms

healthdirect

Feeling unwell and not sure if you need a doctor? The *Health Direct Symptom Checker Tool* can help you decide what to do next.

Get started with the Symptom Checker.

**SPANNER
IN THE
WORKS?**

*A men's health initiative by the
Australian Men's Shed Association and Healthy Male*



GET IN TOUCH info@malehealth.org.au

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