

**The Council Chambers  
City Hall  
Portsmouth, New Hampshire**

**A Proclamation**

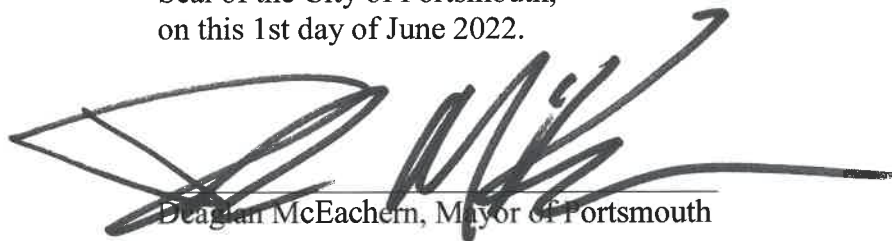
- Whereas:** June is Men's Health Month, and Men's Health Week, recognized since 1994 by an Act of Congress, is the week ending on Father's Day, which is June 13-19, 2022); and
- Whereas:** Educating the public about the importance of a healthy lifestyle and early detection of male health problems will help reduce rates of mortality; and
- Whereas:** Men's Health Month is a time for the public to recognize the mental and physical health needs of men and boys while encouraging fathers to be role models for their children; and
- Whereas:** Men's Health Month focuses this year in particular on mental health and the ongoing challenge of identifying and serving those most in need without social stigma.; 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, Deaglan McEachern, 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 2022.



  
Deaglan McEachern, Mayor of Portsmouth