

The State of New Hampshire
By Her Excellency
Kelly A. Ayotte, Governor

A Proclamation

In the year of our Lord Two Thousand and Twenty-Five

MEN'S HEALTH MONTH
JUNE 2025

WHEREAS, Men's Health Month is an important opportunity to raise awareness about the importance of both physical and mental health in men, and to encourage individuals to take proactive steps to live healthier, longer lives; and,

WHEREAS, men face unique health challenges, and many conditions—such as heart disease, diabetes, mental health issues, and cancer—affect men at higher rates; and,

WHEREAS, it is vital to promote regular health check-ups, screenings, and healthy lifestyle choices as well as provide access to the support and care men need to address both their physical and mental well-being; and,

WHEREAS, fathers and male role models play an essential role in nurturing and guiding future generations, and their commitment to personal health serves as a powerful example for young men and boys to prioritize their own health and well-being; and,

WHEREAS, addressing mental health is just as crucial as physical health, and this month serves as an opportunity to break down the stigma surrounding mental health in men, encouraging open conversations, and ensuring that every man has access to the resources and support they need;

NOW, THEREFORE, I, KELLY AYOTTE, GOVERNOR of the State of New Hampshire, do hereby proclaim **JUNE 2025** as **MEN'S HEALTH MONTH** in the State of New Hampshire, and encourage all citizens to focus on their health, seek appropriate care, and be positive role models in their communities by promoting physical and mental well-being.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Seal of the State of New Hampshire to be affixed this 2nd day of June, 2025.

Kelly A. Ayotte
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Governor