



THE CITY OF SPRINGFIELD, MASSACHUSETTS

MAYOR DOMENIC J. SARNO

HOME OF THE BASKETBALL HALL OF FAME

PROCLAMATION

Whereas,

Men's Health Month is part of an ongoing international effort to educate men, boys, and their families about receiving regular disease prevention screenings and living healthier lifestyles; and

Whereas,

Nationwide, life expectancy for men averages five years fewer than that of women, with men experiencing higher rates of health problems such as diabetes, obesity, cancer, heart disease, and premature mortality. Men's Health Network is recognized for their esteem in the creation of, maintenance, and champion over National efforts of the officially distinguished Men's Health Month and Men's Health Week, as established in 1994; 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 through preventive health screenings, healthy living and seeking needed help. The growing epidemic of suicide and substance abuse requires effort to raise awareness of unrecognized and undiagnosed depression and mental stress in boys and men; and

Whereas,

The centerpiece of Men's Health Month is National Men's Health Week, a special awareness period passed by Congress and signed into law by President Bill Clinton on May 31, 1994, and officially facilitated yearly by the efforts of Men's Health Network.

Therefore, I, Domenic J. Sarno, Mayor

of the City of Springfield, do hereby recognize the week of

June 15-21, 2026 as

"Men's Health Week"

In the City of Springfield, and I strongly encourage all of our citizens to take notice of this event and participate suitably in its observance.

Domenic J. Sarno

*"Good health &
God Bless!"*

DOMENIC J. SARNO, MAYOR