



PROCLAMATION

WHEREAS Men's Health Month is observed annually in June to raise awareness about health issues impacting men and to promote healthy lifestyle choices that can prevent disease and improve quality of life; and

WHEREAS men are statistically more likely than women to experience serious health challenges such as heart disease, cancer, stroke, and mental health issues, and are also less likely to seek preventive care, contributing to a life expectancy gap of over five years between men and women; and

WHEREAS chronic diseases such as prostate cancer, cardiovascular disease, and respiratory illnesses continue to affect millions of men each year, while suicide remains a leading cause of death for men, with rates that are significantly higher than women; and

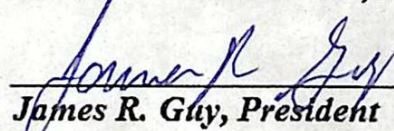
WHEREAS through health screenings, educational campaigns, healthy habits such as regular exercise and balanced nutrition, and open conversations about mental health, men can reduce their risk of preventable illness and lead longer, healthier lives.

NOW, THEREFORE, We, the Commissioners of St. Mary's County, do hereby proclaim the month of June 2026 as MEN'S HEALTH MONTH in St. Mary's County and encourage all residents to support the health and well-being of the men and boys in our community by raising awareness, promoting healthy choices, and encouraging regular medical checkups and mental health support.

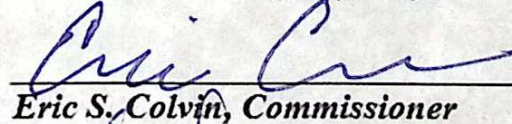
THIS DATE:

June 1, 2026

**COMMISSIONERS OF
ST. MARY'S COUNTY, MARYLAND**


James R. Guy, President


Michael Alderson, Jr., Commissioner


Eric S. Colvin, Commissioner


Michael L. Hewitt, Commissioner


Scott R. Ostrow, Commissioner

