

June 2017 – Million Hearts® Messaging

Celebrate Father's Day and Men's Health Month in June by encouraging the special men in your life, and community, to step up their game and commit to a heart healthy lifestyle.



In This Issue:

- June's Focus and Fast Facts
- Monthly Calendar
- Social Media Messages
- Sample Newsletter Article
- Million Hearts® Partner Resources

We Want to Know

Do you like these messages? Do they meet your needs? We want your feedback! We also want you to use these messages as you wish on your own communications channels. **Please share this content!**

June's Focus

The theme for this month is Men's Health, which is fitting because we will celebrate Father's Day on June 18. To celebrate the special men in our lives, and in our communities, Million Hearts® is encouraging all men to step up their game by participating in heart healthy behaviors.

- Add 30 minutes of exercise to their daily routine.
- Check their blood pressure and share the results with their doctor.

Family members can honor the special men in their lives by encouraging their husbands, fathers and brothers to take these steps to commit to a heart-healthy lifestyle. Medical practitioners can honor Men's Health Month by encouraging their patients to do the same.

Million Hearts® Partner Resources

American Heart Association

[Healthy For Good: Eat Smart; Add Color; Move More; Be Well](#)

American Medical Association

[Preventing Heart Disease](#)

American Medical Group Foundation

[Together We Advance Health Care](#)

American Pharmacists Association

[Men's Health: We Need to Talk](#)

Association of State and Territorial Health Officials

[Million Hearts Case Study: Ohio's "Check It, Change It, Control It" Toolkit](#)

Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention

[Million Hearts® 2022](#)

[Million Hearts® 2022 Partner Materials](#)

[Men and Heart Disease Fact Sheet](#)

[This Father's Day, Up Your Health Game](#)

[Cardiovascular Disease: How to talk to your health care provider](#)

[Adding Physical Activity to Your Life](#)

[Preventing Stroke: Healthy Living](#)

National Forum for Heart Disease and Stroke Prevention

[Managing Cholesterol and Pursuing a Healthier Lifestyle Webinar](#)

National Association of Chronic Disease Directors

[Nutrition and Physical Activity Initiative](#)

Preventive Cardiovascular Nurses Association

[A Heart Healthy Toolbox](#)

YMCA of the USA

[Healthy Living](#)