

HEALTH INFORMATION FOR MEN

BLOOD LIPIDS | HYPERTENSION | HEART DISEASE | STRESS | PREVENTION TOOLS | LOW TESTOSTERONE |
EXERCISE | SLEEP HEALTH | TYPE 2 DIABETES | PROSTATE HEALTH | DIETARY SUPPLEMENTS

Stay on top of your health with this informational series!

- 20-30 minute lessons
- take-home materials
- short activities to boost your knowledge!

“Men's health is increasingly a public health concern. While their health has been improving over time, men still have a shorter life expectancy than women do.”

For more information contact:



Health Information for Men addresses popular topics that affect men's health. Each session is only 30 minutes long and includes take-home materials. This course is great for men, but also for people caring for men in their lives. Our goal is to use HIM to enhance health and well-being for all!

UNIVERSITY OF MISSOURI
 Extension

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