




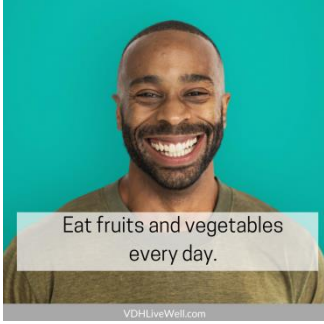
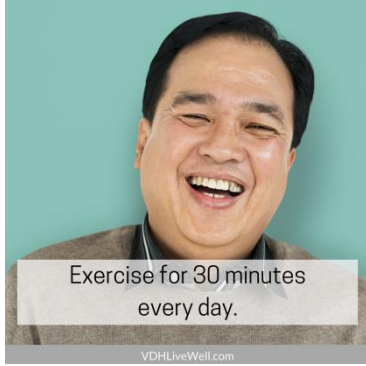
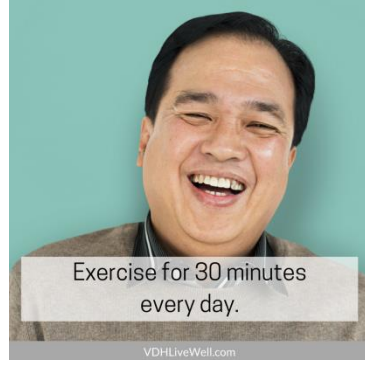


## Men's Health Month Social Media

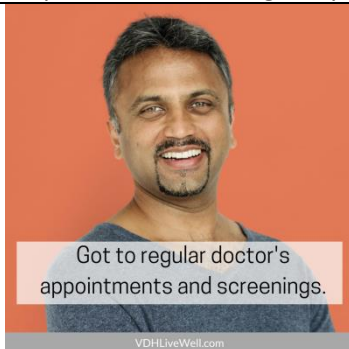
Facebook	Twitter
<p data-bbox="381 317 641 344">Happy Men's Health Month</p>  <p data-bbox="186 667 812 808">June is Men's Health Month! This is a great time to remind the men in your life to schedule their annual doctor's appointments and get a peace of mind. <a href="http://bit.ly/2qCe2cu">http://bit.ly/2qCe2cu</a></p>	<p data-bbox="1015 317 1274 344">Happy Men's Health Month</p>  <p data-bbox="860 667 1404 772">It's #MensHealthMonth! The Perfect time to schedule your yearly check up &amp; get peace of mind! #Doctor #Virginia <a href="http://bit.ly/2qCe2cu">http://bit.ly/2qCe2cu</a></p>
 <p data-bbox="186 1161 812 1339">Virginia men, it's never too late to quit smoking! Make a promise to your family for Men's Health Month that you will quit. If you are struggling call 1-800-QUITNOW for planning and support. <a href="http://bit.ly/2a4T2aX">http://bit.ly/2a4T2aX</a></p>	 <p data-bbox="860 1167 1372 1308">#Virginia men, it's never too late to quit smoking. Call 1-800-QUITNOW for support. #HealthyLiving #MensHealthMonth <a href="http://bit.ly/2a4T2aX">http://bit.ly/2a4T2aX</a></p>
 <p data-bbox="186 1722 812 1869">For Men's Health Month, make a promise to yourself that you will eat a variety of fruits and vegetables every day. This is good for heart and overall health.</p>	 <p data-bbox="860 1722 1404 1858">#Men: Set a healthy example for your family. Be healthy by eating #FruitsAndVeggies every day. #HealthyLiving #DadLife #MensHealthMonth</p>



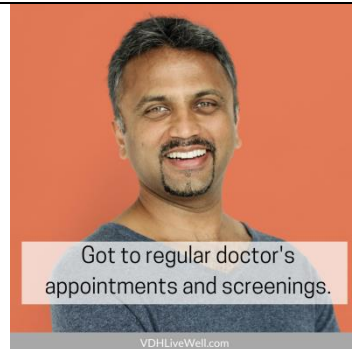
One of the easiest ways to stay healthy is to exercise at least 30 minutes every day. For Men's Health Month, make a plan to exercise regularly.



Make a workout plan to get 30 mins. of exercise every day. #HealthyLiving #Virginia #MensHealthMonth



Men's Health Month might be coming to an end, but men need to be aware of their overall health every day. Make sure to get exercise, eat healthy, and get regular checkups and screenings. <http://bit.ly/2rjdPip>



#MensHealthMonth is ending, but get #exercise, eat healthy, & get checkups & screenings all yr. #Virginia <http://bit.ly/2rjdPip>