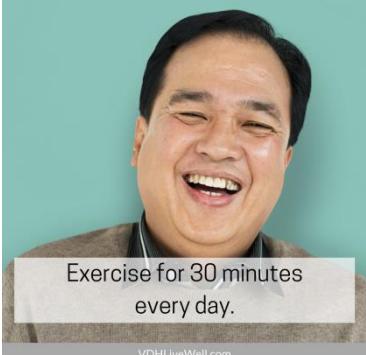
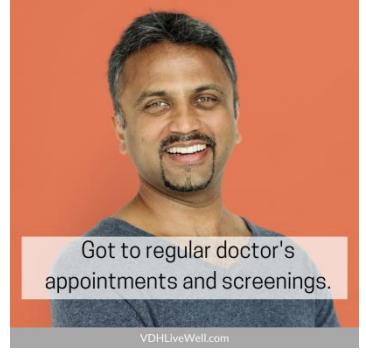


Men's Health Month Social Media

Facebook	Twitter
<p>Happy Men's Health Month</p>  <p>VDHLiveWell.com</p>	<p>Happy Men's Health Month</p>  <p>VDHLiveWell.com</p>
<p>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.</p> <p>http://bit.ly/2qCe2cu</p>  <p>Quit smoking.</p> <p>VDHLiveWell.com</p>	<p>It's #MensHealthMonth! The Perfect time to schedule your yearly check up & get peace of mind! #Doctor #Virginia http://bit.ly/2qCe2cu</p>  <p>Quit smoking.</p> <p>VDHLiveWell.com</p>
<p>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.</p> <p>http://bit.ly/2a4T2aX</p>  <p>Eat fruits and vegetables every day.</p> <p>VDHLiveWell.com</p>	<p>#Virginia men, it's never too late to quit smoking. Call 1-800-QUITNOW for support. #HealthyLiving #MensHealthMonth</p> <p>http://bit.ly/2a4T2aX</p>  <p>Eat fruits and vegetables every day.</p> <p>VDHLiveWell.com</p>

 <p>Exercise for 30 minutes every day.</p> <p>VDHLiveWell.com</p>	 <p>Exercise for 30 minutes every day.</p> <p>VDHLiveWell.com</p>	
<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.</p>	<p>Make a workout plan to get 30 mins. of exercise every day. #HealthyLiving #Virginia #MensHealthMonth</p>	
 <p>Got to regular doctor's appointments and screenings.</p> <p>VDHLiveWell.com</p>	 <p>Got to regular doctor's appointments and screenings.</p> <p>VDHLiveWell.com</p>	
<p>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</p>	<p>#MensHealthMonth is ending, but get #exercise, eat healthy, & get checkups & screenings all yr. #Virginia http://bit.ly/2rjdPip</p>	