

Adopt healthy habits to support your mental health

This Men's Health Week:

Participate in regular physical activity

Choose nutritious foods

Spend quality time with family and friends

Set small, achievable goals

MEN'S HEALTH
WEEK 2023 June 12-18
HEALTHY HABITS

For more information, visit beyondblue.org.au



**2023 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek



**CENTRE FOR
MALE HEALTH**

