

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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June Spotlight: Men's Health

This month, we're highlighting information about men's health. You'll also find other wellness-related resources, links to *Healthy You* articles and healthy recipes.

Check out these articles about men's health from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Health screenings for men ages 18 to 39](#)
- [Exámenes de salud para hombres de 18 a 39 años](#)
- [Health screenings for men ages 40 to 64](#)
- [Exámenes de salud para hombres de 40 a 64 años](#)

These additional links from other health organizations offer more information about men's health:

- [Supplements and men's health](#)
- [Men's reproductive health](#)
- [Men and mental health](#)
- [Understanding prostate changes and conditions](#)

Healthy recipes

- [Vegetarian cowboy salad](#)
- [Fish tacos](#)
- [Grilled eggplant with tomatoes and feta](#)
- [Goat cheese-stuffed dates](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Strong bones for men](#)

Osteoporosis is often thought of as a women's issue, but millions of men are affected by it.

[The power of martial arts](#)

Find out how this discipline can boost safety, physical health and mental resilience.

[A healthier way to clean](#)

Explore how to protect your health, the environment and your wallet when you clean.

Find the entire [Spring](#) issue [here!](#)

Mental health awareness

Anger is a completely normal human emotion. But when it gets out of control and turns destructive, it can lead to problems. Finding healthy ways to express anger is important for both your mental and physical well-being. Learn more about how to [control anger before it controls you](#).