



Mission Regional Medical Center

June is National Men's Health Month! This month is all about encouraging the men in your life (including you, men out there!) to take care of their bodies by eating right, exercising, and working to prevent disease. The official symbol for the month is a blue ribbon and the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease and depression.

Topic: "Men's Health Awareness"

Presenter: Dr. Humberto Nuñez

When: Thursday, June 16, 2022

Time: 2:30 p.m. – 3:30 p.m.

<https://us02web.zoom.us/j/9904662781?pwd=SGVIL3JZRFRVdENzWXI5VUxFT1ZUQT09>

Meeting ID: 990 466 2781

Passcode: 833227

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Passcode: 833227



***Please register with Human Resources no later than
Wednesday, June 15, 2022.***