



P ULSTER COUNTY EXECUTIVE'S PROCLAMATION

MEN'S HEALTH MONTH

WHEREAS, the month we celebrate Father's Day is the perfect time to recognize the important men in our lives and to bring attention to their unique health concerns;

WHEREAS, Men have an average life expectancy of almost six years less than women in America, but by emphasizing the importance of education, physical fitness and disease screenings, we can work to keep Ulster County's men alive longer;

WHEREAS, Regular doctor check-ups are vital, because many serious men's health concerns, including colon, testicular and prostate cancer, can be detected early;

WHEREAS, The threat of other conditions, like high blood pressure, diabetes, high cholesterol and heart disease, can be easily reduced by eating nutritious foods, getting plenty of exercise and maintaining a healthy well-being;

WHEREAS, When men make good lifestyle choices, they serve as an example for their families, encouraging their loved ones to follow in their steps;

WHEREAS, This MEN'S HEALTH MONTH will go a long way toward helping Ulster County to become The Healthiest County in New York State and will help make Ulster County an even better place to live, work and raise a family;

NOW, THEREFORE, I, Michael P. Hein, Executive of the County of Ulster, do hereby proclaim the month of June, 2010, as

Men's Health Awareness Month

I urge all Ulster County residents to remind their fathers, brothers, husbands, grandfathers, sons and other loved ones to make their health a priority this month and all year long.



The County of Ulster


Michael P. Hein
County Executive

Date: June 1, 2010