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MEN'S HEALTH CHALLENGE

“Empowering Men to Take Control of Their Health”



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SANFORD, Fla. – In observance of Men’s Health Month, the Florida Department of Health in Seminole County (DOH-Seminole) in collaboration with community partners will be hosting the *Men’s Health Challenge* on June 10th, from 9:00am to 1:00pm at their Sanford office located at 400 W. Airport Boulevard.

The theme of this year’s Men’s Health Challenge is *Empowering Men to Take Control of Their Health* with a goal to increase awareness of preventable health problems and encourage early detection of disease in men and boys. Families play a key role in men’s lives and they are also invited to join the event and help the men in their lives stay healthy.

“Men are faced with many health risks and disparities. The Men’s Health Challenge gathers experts and resources in one location to facilitate learning and finding providers and organizations who can help men achieve better health,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

During the challenge, participants can receive free health screenings, immunizations, sport physicals, haircuts, and learn about available resources. Attendees can listen to Dr. Haki Nkrumah from Young Fathers of Central Florida, Inc., keynote speaker of the day as well as guest panelists Mark Gumble - University of Central Florida, Joe Horton - Aspire Health Partners, Dr. Michael Rovito - Men’s Health Initiative, Inc., Imani A. Smith - Region’s Bank and Dr. Richard Bocco - Elevation Health. The panel discussion will be moderated by Evangelist Veronica Smith from Virtuous Precepts for Prosperous Living. Self-defense classes, Hands Only CPR training and health and fitness workshops are included in the Men’s Health Challenge this year.

“It is encouraging to see men’s health being recognized here in Central Florida through the Florida Department of Health in Seminole County’s Men’s Health Summit. I am happy to help organize such a great event and be able to promote healthier living and a more holistic lifestyle among males and their families and friends in our communities,” said Dr. Michael J. Rovito, founder/chairman of Men’s Health Initiative, Inc.

Most men do not visit their doctors nor have a yearly physical. Men die at higher rates than women from the top 10 causes of death and they are victims of over 92% of workplace deaths. Community resources and education are key to preventing illness, injury and deaths in the male population.

To register for the event please visit www.seminolecohealth.com and for more information contact Venise White, Community Programs Manager at (407) 665-3008.

About the Florida Department of Health

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