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MEN'S HEALTH CHALLENGE

“Tune-Up Your Health: Driving Your Health in the Right Direction”



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SANFORD, Fla. – A group of Seminole County men and their families paused from their busy schedule on Sunday, June 24th to *Tune-Up* their health by attending the 4th Annual Men's Health Challenge. The challenge was organized in observance of Men's Health Month by the Florida Department of Health in Seminole County (DOH-Seminole) in collaboration with Spring Meadows Seventh-day Adventist Church and community partners.

Tune-Up Your Health: Driving Your Health in the Right Direction was the theme for the event and encouraged participants to be aware of physical and mental barriers to achieving optimal health. Participants of the free event included men and their families which play a key role in their lives. Attendees gained educational resources and information from vendors, completed health risk screenings and participated in a question and answer session after receiving expert advice from guest panelists Dr. Michael Rovito from Men's Health Initiative, Inc. and University of Central Florida, Dr. Cedric Pritchett from Nemours Hospital, Joe Horton from Aspire Health Partners, Darnell Bush, Bethune Cookman College student, Jared Benton from ME Management PR, LLC and Alfredo Maldonado-Lebron from DOH-Seminole. The panel was moderated by Veronica Smith from Virtuous Precepts for Prosperous Living.

"The Men's Health Challenge gathered many experts and resources in one central location to facilitate the process of 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. "Men are faced with a variety of health risks and disparities and committed organizations collaborate to make a positive impact and break barriers for men."

Most men who experience physical, mental, and emotional challenges do not seek professional help and resources. Therefore, men die at higher rates than women from the top 10 causes of death. Community resources and education are key for preventing illness, injury and deaths in the male population. The annual men's health challenge serves to convene men and encourage them to take control of their health and wellbeing.

"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.

Guest Panelist, Dr. Cedric Prichett said, “As men we must accept the truth that our health is built on balanced attention to the differing dimensions of our life. Spiritual, physical, emotional, intellectual, social, financial wellness; all are important.”

For more information about Men’s Health initiatives and DOH-Seminole’s new faith-based Congregational Wellness Program, please contact Venise White, Community Programs Manager – Office of Health Promotion and Education at (407) 665-3008.

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