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Blue isn’t just a color—in fact, on June 14 blue can help raise awareness about health issues impacting men such as cancer, heart disease and mental illness. Join the #ShowUsYourBlue campaign by WEARING BLUE to work Friday, June 14. #NBNA MensHealth #WearBlue

Many health conditions can be prevented or detected early with regular checkups. Make prevention a priority! See this list of test you may need to discuss with your medical provider. #NBNA #MensHealth #WearBlue #GetItChecked

1 in 2 men get cancer in their lifetime. Women? 1 in 3. Let’s change the statistics. #NBNA #MensHealth #WearBlue

Did you know the Human Papillomavirus (HPV), a sexually transmitted disease, can cause cancer in the human body? Most men never know they have HPV. #NBNA #MensHealth #WearBlue

Gentlemen, your sexual health can also impact your physical health—erectile dysfunction is an early sign of cardiovascular disease. #NBNA #MensHealth #WearBlue #GetItChecked

Do the men in your life have someone to talk to? About 30% of men experience depression, yet only 1 in 4 actually talk about it. #NBNA #MensHealth #WearBlue

Adapted from Men’s Health Network, Click here for full social media toolkit