

# MEN'S HEALTH PROJECT

## Men's Health Forum



“Staying Healthy for Ourselves and Our Families”

Conversations include...

- FITNESS and GOOD NUTRITION are keys to good health
- Cancer can be PREVENTED and TREATED
- Heart disease will KILL you if you don't listen
- Diabetes is CONTROLLABLE
- Dental Hygiene must not be IGNORED
- High Blood Pressure MUST be lowered
- HIV is NOT a death sentence
- FATHERHOOD is a health issue

**Tuesday September 8, 2009 6-8PM**

**Tuesday October 13, 2009 6-8PM**

**Tuesday November 10, 2009 6-8PM**

Multnomah County NE Health Center  
5329 NE Martin Luther King Jr. Blvd.  
(*MLK Blvd at Killingsworth*)

**GETTING THE HELP YOU NEED NOW**  
**Blood Pressure Screening, Resources, Referrals and Follow up**  
**Healthy Food Provided**

For more information or questions please contact:  
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or

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\*New community location every quarter  
Co-sponsored by- Multnomah County Health Birth Initiative

[www.ceed.pdx.edu/menshealth](http://www.ceed.pdx.edu/menshealth)

