

Coping with Worry and Stress - Wellness Tips



Welcome to your **weekly** dose of wellness!

Today's Message: **JUNE IS MEN'S HEALTH AWARENESS MONTH**



This week's topic is "Men's Health Awareness Month. While men may be the stronger sex in some ways, statistically women have better health outcomes and a longer life expectancy. June is dedicated to men's health awareness. Check out these helpful links to learn more.

Table 1: Life expectancy in America

Year	Females	Males	Gender gap
1900	48.3	46.3	2 years
1950	71.1	65.6	5.5 years
2000	79.7	74.3	5.4 years
2017	81.1	76.1	5 years

Source: National Center for Health Statistics

[Mars vs. Venus: The Gender Gap in Health - Harvard](#)

[Differences in Health Outcomes - Oxford](#)

[10 Health Tips for the Man in your Life](#)



[Health Tips for your Teenager](#)

