

Men's Health Virtual Pop-Up



Saturday, June 12th 10:00 a.m. – 2:00 p.m.

Grab your partner, Dad, or friend and join us for a virtual event to learn more about how to maintain a healthy lifestyle, prevent chronic diseases and more. You will have the opportunity to ask questions and get connected to local resources.

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only) +1 312-319-1519

Phone Conference ID: 289 152 225#

Join us for the entire event or pop into a session that interests you.

10:00 a.m. Introductions

10:30 a.m. COVID-19 Updates

11:00 a.m. What You Should Know About Prostate Cancer

11:30 a.m. Diabetes Management and Weight Loss

12:00 p.m. Community Resources on Substance Abuse and Housing

12:15 p.m. Let's Get Physical Fitness Demonstration

12:30 p.m. How to Eat and Cook Healthier

1:00 p.m. Know Stroke: Save a Life

1:30 p.m. Take Care of Your Mental Wellness

2:00 p.m. Community Questions

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