

# The Blueprint for Men's Health Series

## *Blueprint for Men's Health: A Guide to a Healthy Lifestyle*

*Blueprint for Men's Health* discusses the main health issues that men face today. Each chapter focuses on a single condition or group of related conditions effecting men. This 70+ page book discusses the factors that increase health risks, shows how to recognize symptoms, and gives practical, easy-to-implement prevention strategies. Available in English and Spanish.

While no book should be used as a substitute for professional advice about medical or lifestyle issues, the *Blueprint for Men's Health* is a resource and a guide that will help you to protect your health and get the most out of life.

## *Your Head: An Owner's Manual: Understanding & Overcoming Depression, Anxiety & Stress*

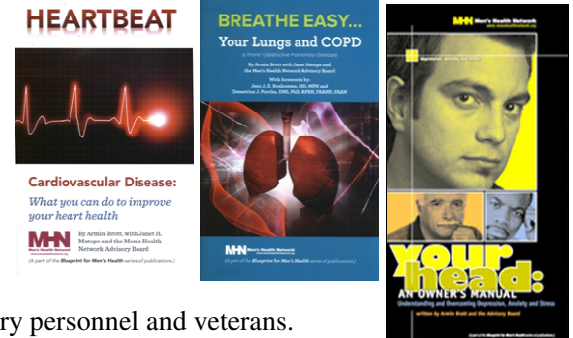
This manual addresses three critical mental health issues that men face today, depression, anxiety, and stress. The Foreword includes a message about military personnel and veterans. Available in English only. 32 pp + cover

## *Heartbeat: What you can do to improve your heart health:*

Explains heart attacks, high blood pressure, stroke & other life threatening cardiovascular issues, offers advice. 56 pp + cover

## *Breathe Easy: Your Lungs and COPD*

Looks at COPD in men and women, risk factors for adults and children, and offers tips for a healthier lifestyle. 28 pp + cover.



Orders may be placed via phone or by fax. MHN accepts Visa and MasterCard. Please call for shipping rates. Preview books online at: [www.blueprintformenshealth.com](http://www.blueprintformenshealth.com)

**\$ 1.75 each up to 499. \$ 1.50 each for 500 or more.**

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**Circle which you are ordering: Your Head : Blueprint - Eng - Span**

**HeartBeat : Breathe Easy # of books \_\_\_\_\_**

**Total Cost of Materials \$ \_\_\_\_\_**

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**PLEASE NOTE:** Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.



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