

MEN'S MAINTENANCE GUIDE



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The Canadian Men's Health Foundation (CMHF) is committed to helping men live longer, healthier, more fulfilling lives.

With your help, we can add 10 healthy, active years into the life of every man.

CMHF provides this maintenance guide for men as a reminder of your need to take responsibility for ensuring your health.

This is only a guide – check with your healthcare provider especially if you have a family history of illness and/or are in a high health risk area.

For more information about this and other male health related issues, check out our website: menshealthfoundation.ca

CMHF is not-for-profit, and we depend on your support. If you can help, please visit our web site for more information.