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## **COMMUNITY HEALTH NORTHWEST FLORIDA ANNOUNCES “MAN UP” MEN’S HEALTH EVENT**

PENSACOLA, FL – Community Health Northwest Florida, in partnership with Baptist Health Care, Pensacola Councilman Delarian Wiggins, Phi Beta Sigma Fraternity, Inc., Zerocancer.org and Manna Food Pantries, introduces “Man Up for Men’s Health”, a special men’s event on Saturday November 13<sup>th</sup> from 10:00 a.m. to 1:00 p.m. at Community Health Northwest Florida’s Main Site, 2315 W. Jackson Street in Pensacola.

Community Health representatives describe the event as “a few hours of self-care for men of all ages”, and will feature men’s health education sessions, critical health screenings, COVID-19 vaccinations, mental health resources, food boxes, gift cards and more. “This event is a great opportunity for men to begin to take charge of their health. Preventive screenings, healthy lifestyle and regular visits to primary care providers are all critical components for men to live a long and healthy life. We are looking forward to having these important conversations with the men in our community at our “Man Up” event on Saturday”, said Dr. George Smith, Chief Medical Officer of Community Health Northwest Florida.

**Education Sessions:** Led by Community Health Northwest Florida’s Chief Medical Officer, Dr. George Smith, and Baptist Health Care Cardiologist Dr. Pelbreton Balfour, these important conversations will focus on hot topics in men’s health such as heart health, prostate health and more. Presentation attendees will be eligible for a gift card drawing to take place after each session.

**Health Screenings:** Community Health Northwest Florida will provide critical men’s health screenings, including PSA (prostate), A1C (blood glucose – diabetes), cholesterol, blood pressure, HIV screenings and more. All guests who participate in each of the major health screenings will receive a \$25 gift card.

**Resources:** “Man Up” team members will be present to connect attendees to healthcare resources including mental health and chronic disease resources and assistance with Community Health sliding fee scale and prescription assistance programs and applications.

**In addition, participants will enjoy:**

- Manna food box giveaways for the first 100 guests;
- Gift cards, raffles and swag bags, while supplies last;
- Yoga demonstration by Serenity Z Flow Yoga;
- Food, fellowship and fun.

To participate in “Man Up for Men’s Health”, individuals should simply show up at Community Health Northwest Florida at 10:00 A.M. on Saturday November 13<sup>th</sup>.

**IMPORTANT:**

- Individuals participating in screenings or COVID-19 vaccination will be required to show photo ID.
- Individuals who have tested positive for COVID-19 in the past 14 days *or* have had symptoms of illness (fever, cough, shortness of breath) in the past 14 days should not attend this event or receive the COVID-19 vaccine.
- People who have received monoclonal antibody treatment in the past 90 days should not receive the COVID-19 vaccine.

**Additional information on the “Man Up” event is available by calling the Community Health Northwest Florida at 850.436.4630.**