



CANDO can be applied to all and we want to continue with this initiative into November with Men's Health! As a reminder CANDO is...

- **C**onnect - connect with other people (eg. call an old friend or family member)
- (Be) **A**ctive - move your body (eg. go for a run/walk/swim/dance/etc)
- **N**otice - take notice of the environment around you (eg. turn off your phone for an hour and look around)
- **D**iscover - learn something new (eg. read a book you haven't read before, or take a class)
- **O**ffer (or give) - do something for someone else (eg. volunteer for a local community group)

For this month's activity, we want to focus on **CAN DO!** If you identify as a man or you are supporting a man in your life, we want to provide resources for well-being! Check out the bottom of this communication for more information. Let's support the men in our lives this month!

Marathon Health Workshop - Preventive Health Male

As a man it is important to know what you are at risk for and how to best take care of yourself. This two week, self-paced workshop will teach what preventative screenings are necessary as well as other recommendations for a healthy life. To access this workshop, head to the Marathon Health's login page and click on:

[Resources > Wellness Workshop > Preventive Health Male](#)

Interested in participating in more workshops? Marathon Health has additional topics like: personal goal setting, sleep, and stress management.

Resources for YOU!

Take a peek at the following resources available to support you or someone you care about.

- **Marathon Health - Overcoming the Stigma of Men's Health**
 - <https://marathon.health/blog/overcoming-stigma-of-mens-health>
- **HealthPartners - Resource Page for Men's Health**
 - https://www.healthpartners.com/blog/searchposts/?_sft_category=mens-health
- **November Initiative**
 - Take the opportunity to learn about the most common conditions men face and consider growing out your facial hair this month if you have the ability to!
 - <https://us.movember.com/>

Reminder: Be Well Health Center

Reach out to the Be Well Health Center to schedule a preventive care appointment!

- **Coon Rapids:** [8600 Evergreen Boulevard Coon Rapids, MN 55433](#)
 - Hours: Mon., Wed., Fri. from 7am – 11am and 12pm – 5pm
- **NEW Brooklyn Park:** [8701 95th Avenue N, Brooklyn Park, MN 55445](#)
 - Hours: Tues. and Thurs. from 7am – 11am and 12pm – 5pm

Schedule your appointment and more online at:

<http://my.marathon-health.com/>

Phone: 763-260-5113

Featured Activity

This month, we want you to focus on CAN DO! for yourself or for the men in your life! To complete the activity, you will take part in some of the aspects of CAN DO! Scan the code or use the link to review and respond to the reflection questions to be eligible for the incentive. This activity will allow participants to reflect on each area of CAN DO!



<https://bewell.cretex.com/1124>