

Men's Health Week—Free Walking Packets

The Nebraska Department of Health and Human Services Office of Women's and Men's Health and the *Walking Works* Program of Blue Cross Blue Shield of Nebraska are collaborating on a project to encourage men and their families to walk.

In observance of Men's Health Week (June 9-15), a free Father's Day gift packet is available from the Office of Women's and Men's Health. The packet includes a Father's Day card that encourages walking, a pedometer (for the first 250 persons), a walking log, and a health tracker wallet card.

Gift packets may be ordered individually or in bulk quantities, but the number of pedometers sent to each organization are limited to a count of 25. If you order in a bulk quantity, please give a one or two-sentence description of how you plan to distribute them in your community. To order, please send an e-mail with name, address (including zip code), and quantity desired to officeofwomenshealth@dhhs.ne.gov or call 877-257-0073. Deadline for orders is June 2nd.