



Men's health

Reflection guide

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Overview

- Review the differences between men's and women's health
- Determine the leading causes of death in men
- Explore the barriers to men seeking health care
- Identify the health risk factors for men
- Discuss stress management
- Examine disease prevention
- Identify steps to take to achieve a healthier you

Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?



My action plan: