

# Healthy Man Expo



PHOTO COURTESY of Lori Cunningham

**More than 40** men attended the Healthy Man Expo on June 27 at the Freedom Valley YMCA in Phoenixville.

## **From Lori Cunningham Phoenixville Hospital**

Phoenixville Hospital and the Freedom Valley YMCA at Phoenixville held a Healthy Man Expo, Everything You Wanted To Know But Were Too Afraid To Ask!, on Mon-

day, June 27.

More than 40 men attended the free event that included a mini health expo with information about urologic, orthopedic, cardiovascular, foot, spine and vision health.

Other topics included exercise options, nutrition counseling, healthy cook-

ing, and other health resources. This event was the second in Phoenixville Hospital's Partners in Health series.

Plans are underway for a Children's Health Event in the fall. Call 610-983-1551 to learn more about the Partners in Health program.

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