**IFC’s Men’s Health Week: What You May Not *Want* to Talk About, But *Should.***

BY CORINNE FEAR

Longwood University’s Inter-Fraternal Counsel is hosting a week-long event that includes speakers and daily activities to help better educate college aged men on topics that involve men’s health. Men’s Health Week will take place in various locations, beginning Monday, November 13through Friday, November 17.

IFC’s Men’s Health Week is an annual week of events that touch on topics such as suicide, heart disease, concussions, testicular cancer, and healthy habits for young men. This is done through fun competitions, laid back “hangouts”, inspirational speakers and other engaging activities. Although the events are primarily meant for members of the IFC here at Longwood, they are welcome to everyone who wants to attend. The purpose of Men’s Health Week is for college students to learn about and openly discuss topics that may be difficult to hear and talk about.

The Vice President of Membership Development and Community Relations on the IFC Executive Board begins brainstorming ideas for Men’s Health Week the previous spring semester and is then assisted by the other members of the executive board once Fall Recruitment has ended.

The Monday of Men’s Health Week, IFC will host a spirit night at Main Street Lanes Bowling Alley to bowl and watch Monday Night Football. Throughout the time spent there, informative pamphlets about concussions will be distributed to the attendees.

On Tuesday, Longwood’s men’s basketball game is a “Greek Game”, meaning that members of the Greek Community are highly encouraged to be there. At this game, talks about body care and exercise will occur by IFC.

Wednesday evening, IFC will host Kevin Snyder and his presentation - “Few Talk, Many Affected. Changing the Culture About Men’s Mental Health.”

Thursday is a wing-eating contest, along with a discussion about nutrition. Willie Smallwood, a member of Sigma Nu Fraternity said, “I think it’s important for fun contests like these to be a part of Men’s Week. It’s a cool way for the brothers from each fraternity to spend time together and learn about an important topic.”.

Throughout the entire week, a point system will be used to record the attendance of men from each individual chapter within the counsel. Points will be rewarded to those who attend each event based off percentages.

Mini “challenges” will be going on during the week also. IFC Executive Board members will be tabling at the Dining Hall with jars labeled as each of the IFC fraternities. Whichever brotherhood reaches the highest amount of attendance points throughout the week will be given the money from *all* the jars to donate to their philanthropy. A “No Shave November” contest will be going on also. The fraternity man with the biggest beard by the end of the month will be awarded the winner of this contest. IFC has begun calling the month of November, “Movember” to represent Men’s Health throughout the entire month.

Canon Cochran, IFC President stated “I was unable to attend the Men’s Health Week last year so I am very eager to be a part of it this year. It is something that is needed for college aged men. Many of the topics covered are typically uncomfortable to talk about, but important.”

The money put towards each event comes from the budget that IFC was granted from the Student Government Association at the beginning of the year.

Men’s Health Week is being advertised across campus to influence the turnout at each event. Marci Logsdon, the Office of Fraternity and Sorority Life’s Marketing and Events Intern said “I work as the person who helps promote the council’s events by working on their social media. I’ve made advertisements in the past for IFC week as another way for this week to be spread across the University.”

Keep an eye out for this week of events to expand your knowledge on men’s health, as these educational activities can provide useful information to everybody.