```
import javax.crypto.Mac;
import javax.crypto.spec.SecretKeySpec;
import javax.util.Base64;

public class MACDemo {
    public static void main(String[] args) throws Exception {
        String msg = "Secure Message";
        String key = "1234567890123456"; // secret key

        SecretKeySpec sk = new SecretKeySpec(key.getBytes(), "HmacSHA256");
        Mac mac = Mac.getInstance("HmacSHA256");
        mac.init(sk);

        byte[] macBytes = mac.doFinal(msg.getBytes());
        String macBase64 = Base64.getEncoder().encodeToString(macBytes);

        System.out.println("Message: " + msg);
        System.out.println("MAC: " + macBase64);
    }
}
```