

International Men's Day 19th November 2021



We are holding an event for local men of all ages, to tell us what kind of activities you would like to do at the JNR8 Community Centre, 82 Cromwell Avenue, Whalley Range

Come and talk with health providers, get a flu jab if you're eligible - and share some lunch with us.

- Information about cutting down or stopping smoking
- Get your blood pressure checked
- Find out about support for your mental health
- Talk about keeping active: walking football, cricket, circuit training – what would you like to do?
- Find out what computers can do for you!
- Join in with our Tai Chi session with Kaz
- Have a game of Table Tennis!

**Come and join us to find out more on Friday 19th November from 10:00am-1:00pm
Free wellbeing pack and lunch included!**

Making a positive difference to the wellbeing and lives of local men and boys.



**Directions
For Men**



MANCHESTER buzz
CITY COUNCIL
Manchester Health & Wellbeing Service

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