



# International Men's Health Week

*14th - 20th June '21*

Evidence shows that there are many challenges to be faced when seeking to improve your health. However, men's health can be improved in significant ways when we make positive choices.

**Join us on Zoom on Monday June 14th  
between 11:30am - 4:30pm for the following!**



**Intimacy & Sexuality Talk  
with Linsey Blair  
11:30am - 12:20pm**

**Pilates with Andy Tully  
from Service Your Body  
12:45pm - 1:45pm**

**Cookery with Eamon Lynch  
from Sprig Cookery School  
2:00pm - 3:00pm**

**Relaxation with Emer Lush  
3:15pm - 4:00pm**

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Registered Charity Number 20028428

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