



Belfast
Men's
Health

Calendar of events for
Men's Health Week
14th – 20th June 2021



Check in – Check up – Check it out

<p>Fri 11</p>	<p>The final countdown to Men's Health Week 2021 has begun. Find out all about it at https://www.mhfi.org/mhw/mhw-2021.html</p>	
<p>Sat 12</p>	<p>Do you know your (health) numbers? If not, check out the 'Men's Health in Numbers: Report Card' at https://www.mhfi.org/MensHealthInNumbers3.pdf</p>	
<p>Sun 13</p>	<p>Get yourself a free copy of the 'Man Manual' and choose a practical (and easy) challenge to seriously improve your health https://www.mhfi.org/challenges2021.pdf</p>	
<p>Mon 14</p>	<p>Go for a walk in nature www.nationaltrust.org.uk/lists/virtual-tours-of-our-places Find tips, advice and routes at https://walkni.com</p>	
<p>Tue 15</p>	<p>Try a bit of gardening https://www.rhs.org.uk/advice/beginners-guide</p>	
<p>Wed 16</p>	<p>Check it out – the Belfast Men's Health Group podcasts click here</p>	
<p>Thur 17</p>	<p>Phone a friend and check in with relations to see how they're doing. You can find useful tips to improve your (and their) mental health at https://www.mindingyourhead.info</p>	
<p>Fri 18</p>	<p>Cook a healthy meal that you've never tried before https://www.nhs.uk/change4life/recipes</p>	
<p>Sat 19</p>	<p>Pull that old bike out of the shed / cupboard and get cycling. For ideas on where to go, see www.cycleni.com</p>	
<p>Sun 20</p>	<p>FATHERS' DAY Have you ever thought about 'what good are dads?' Then read www.fatherhoodinstitute.org/uploads/publications/71.pdf</p>	