





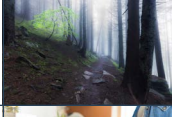



Belfast
Men's
Health

Men's Health Webinar 'Keep Connected'

Thursday 17 June 2021 10am-2pm

Check in - Check up - Check it out

10:00	Welcome - Finian Murray and Paul O'Kane (includes the launch of the Northern Ireland Men's Health Report Card)	
10:30	Introduction to Tai-Chi - Jim Bailey	
11:00	Historical Tour of Belfast City Cemetery - Dara Barret	
12:00	Gardening Tips - Linda McKeown	
12:30	Hidden Walkways - Jim Bradley	
1:00	Cooking Demo - with Chef Jeffers	

Register: <https://ndevents.co.uk/bhsct-belfast-mens-health-day/>

Belfast Men's Health Group (BMHG) invites you to join them for a celebration of Men's Health Week 2021 (Monday 14 to Sunday 20 June)

You can register for any or all of the above sessions.

BMHG has also produced a daily calendar of practical things that you can do throughout the week (see: <https://belfastmenshealthgroup.org/wp-content/uploads/2021/05/Calendar2021.pdf>)

We hope to give you time to think about you as a man - or the men in your life: sons, brothers, fathers, grandfathers, uncles, partners, husbands, friends and boyfriends ...
... or all of the above!

This event is funded by The Carers Support Service of Belfast Health and Social Care Trust