

**Volunteer Now invite you to a**  
**Men's 50+ Health Day**

**Tuesday 5 October 2021**

**10.30am - 1.30pm**

**Men's  
Health**



**St Joseph's Church**  
9 Princes Dock Street  
Belfast, BT1 3AA



**Information on**  
**Men's Health**  
**Mental Health**  
**Lunch**  
**Talks**  
**Barber**  
**Two Tours of Sailortown**

**Places are limited**

**Book early to avoid disappointment**  
**Covid Restrictions will be applied.**

To reserve your place contact Pamela Higgins on 028 9023 2020 or  
email: [Pamela.higgins@volunteernow.co.uk](mailto:Pamela.higgins@volunteernow.co.uk)

