

Join us for your

MEN'S HEALTH EVENT

Free!

All Ages
Welcome

With partners from across the community!

**Saturday 5th October
from 12:00 to 3:30pm**

**Inside Withington Library, 410 Wilmslow Road,
Withington, M20 3BN**

This event is for
Caribbean & African Men -
friends and family also
welcome!

Try some free tasty
Caribbean food whilst
finding out ways to improve
your health and wellbeing.



- Free boxing and mens yoga workshops
- Find out about local support to help you manage life - employment, finances, housing, diet & nutrition, debt.
- Check out local men's social groups
- Free Health Checks
- Entertainment