

# MEN'S WELLBEING DAY

WEDNESDAY 2<sup>ND</sup> OCTOBER 2019



Come and join our fun FREE event aimed to encourage and empower men to adopt healthier lifestyles!

On the day we will be offering

Taking care of your prostate

Experience mindfulness

Do you know enough about avoiding a stroke?

Boxing Demonstration

How to have a healthier heart

Goodie bags

Interesting information stalls

Learn about breast cancer in men

Raffle Prizes

Have a hair cut

Enjoy a massage

WEDNESDAY 2<sup>ND</sup> OCTOBER 2019  
10:30am – 2:30pm at Dalgarno Trust  
1 Webb Close, Dalgarno Way W10 5QB

For further information please contact Rosana: [rosana@dalgarnotrust.org.uk](mailto:rosana@dalgarnotrust.org.uk)  
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