









Belfast  
Men's  
Health

# Men's Health Webinar 'Keep Connected'

Thursday 17 June 2021 10am-2pm

## Check in – Check up – Check it out

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