



International Men's Day November 2024

International Men's Day is on Tuesday 19th November and is celebrated worldwide. The aim is to promote the positive value men bring to their family, friends and community and also to highlight positive role models, encouraging men to talk about manhood, masculinity, and raise awareness of men's well-being.

The Health Improvement Team with the Belfast Men's Health Group invite you to join us on a Walk and Talk event to celebrate International Men's Day. There will be a range of health activities available including some alternative therapies sessions, and lunch will be provided.

DATE – Tuesday 19th November at 11am

Venue – Forthspring Community Centre

373-375 Springfield Road Belfast

ALL WELCOME

To register for this FREE EVENT [click here](#) or scan the QR code below



To find out more about Men's Health, listen to the Belfast Men's Health Group podcast where Paul O'Kane from the Health Improvement team chats to people from Belfast and beyond about their lives, work, health and more in a series of fun, light hearted chats with important messages. You can listen to all episodes of the Podcast on the [Belfast Men's Health Group website here](#).

To find out more about the Health Improvement Team's work on progressing Men's Health, visit the [Bwell staff wellbeing website](#) or the [Health Improvement teams' SharePoint site on the Loop](#).

