



Register here

# INTERNATIONAL MENS DAY

November 19



## MEN'S WALK AND TALK EVENT

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.

LUNCH WILL BE PROVIDED.

Tuesday 19th November  
11 am @ Forthspring Community Centre  
373-375 Springfield Road Belfast

Section 75 Monitoring Form -  
Change of Minds Projects 2024/25

