



# Men's Health Webinar

Men's health, and particularly mental health, can often be easily overlooked. This webinar helps to raise awareness around men's health, and offers helpful tips around various aspects of wellbeing, including:

- Prevalent cancers and screening services.
- Self-examination, signs, symptoms and early detection.
- Mental health, including andropause.
- Risks around diabetes, high blood pressure and heart disease.
- Maintaining a healthy weight and body shape.
- Plus much more.

## When

Wednesday 21st June 3pm and Tuesday 4th July 10.30am

## Times

as above

## Location

MSTeams

## Booking

Book your place online:  
<https://wellbeingbooking.co.uk/events/1TGJM>  
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