



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

21st May 2024

Times

Starts 10:00

Location

MS Teams

Book Online



Or visit: <https://wellbeingbooking.co.uk/events/QOEC2K>