

Man, You're a LIFESAVER



27 MARCH, 1-4PM

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Join us for conversations about men's health and wellbeing.

There will be a range of cancer and health awareness talks, stalls, exercise taster sessions, free refreshments and much more.

All welcome and no need to book - come along and drop in for a great afternoon.

For more information, call 0208 207 7801 or email community.services@hertsmere.gov.uk



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TIMETABLE*

1:15pm - Professor Vasdev, Consultant Urologist at Lister Hospital

1:45pm - Diabetes UK

2pm - Shape Up taster session

2:30pm - Stretch Taster Session

2:50pm - AAA screening

3:10pm - Bowel Cancer UK

3:30 - Prostate Cancer UK

*Subject to change

There will also be mini health checks offered by local GP practices, liver cancer screening, plus over 15 stalls offering advice, information and guidance.



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