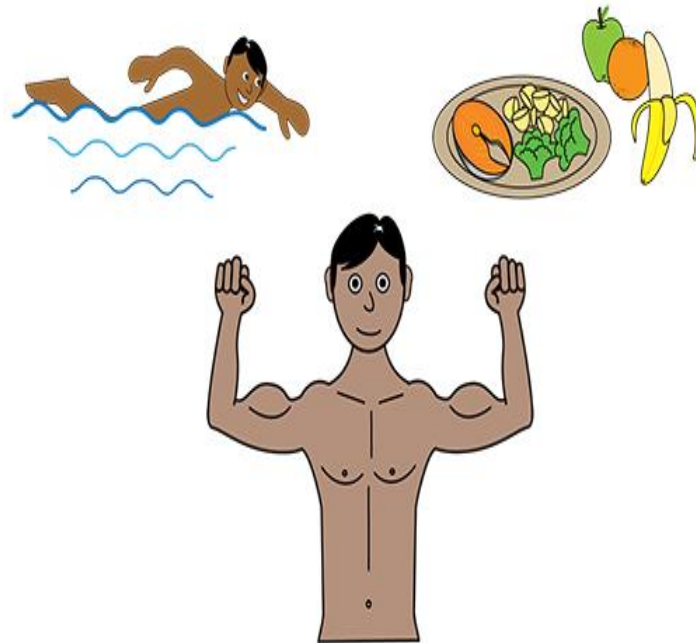


MENS HEALTH GROUP



AIM OF THE GROUP:



To provide information needed for men to make positive changes to their health

WHO CAN COME?

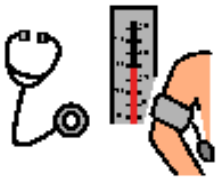


This group is offered to men with a learning disability who want to learn how to improve their health

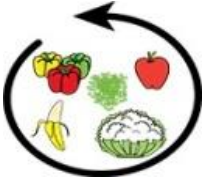
WHAT IS INVOLVED?

Weekly sessions, Group work, Activities, Quizzes and Games

THE GROUP WILL LEARN ABOUT:



Health screening



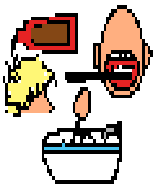
Healthy eating



Sleep



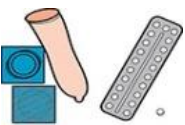
Exercise



Personal hygiene



Relationships

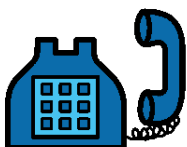


Sexual health

For more information please contact:



The Learning Disability Intensive Support
Service on:



01738 562285