

## Ireland

Activities organised by:

### **The Men's Health Forum in Ireland**

*"Males and Obesity"*

#### **PROGRAMME**

**Monday 13<sup>th</sup> of June**, drop-in information session on men's health issues. You can speak to a staff member or go it alone around our interactive information point.

**Tuesday 14<sup>th</sup> of June, Tullymore Forest Park**, hill walk. Bus and lunch provided free. There will be two different walks to suit beginner and advanced walkers. Fully staffed by trained walking leaders. Book early. Bus leaves at 9.15am from the centre and returns at 4.30pm.

**Wednesday 15<sup>th</sup> of June, Queens PE Centre, Botanic Gardens**, 5-a-side Football. 1.30 - 4.30pm. Dads from Falls and Shankill Sure Start Projects will go head to head to win the 'toil trophy (yes, we made it ourselves). We are opening the competition up to other teams who may be interested.

**Thursday 16<sup>th</sup> of June**, drop-in information session on men's health issues. You can speak to a staff member or go it alone around our interactive information point.

**Friday 17<sup>th</sup> of June**, Launch of Dads Posters. Some of the men at Clan Mor Sure Start are the stars in a new series of posters celebrating the positive role that men play in raising children. Come along and get free posters and a free lunch.

More information on the Men's Health Forum in Ireland website:

<http://www.mhfi.org/mhw2005.htm>