

MEN'S HEALTH

EVENT

FOR CARERS



Men's Health Event

Thursday 6 November, 10.30am-1.30pm

Arsenal Community Hub, 56 Benwell Rd, N7 7BY

- ✓ Talk from Dr Craig Semour on Men's Health
- ✓ Fun activities, wellness sessions, blood pressure checks
- ✓ Exclusive stadium tour at 12.30pm

★ **Booking essential!**

Call Islington Carers Hub on 020 7281 3319 or email
info@islingtoncarershub.org