

# MEN'S HEALTH TALK

## INSPIRING MEN TO MAKE HEALTHIER CHOICES

Our Men's Health Talk is taken *by men, for men*, inspiring men to get interested in their health and vital stats.

*"Eye opening. I need to look after myself and my crew."*

- Manager, Fulton Hogan



Fun interactive sessions. We get straight to the point about health conditions that affect men.

Hands on blood pressure & healthy size checks. Find out what the numbers mean.

Take home information packs on what's covered in the talk for everyone who attends.

- What is healthy living & why should we live healthier?
- What happens if we don't?
- What are the early signs of lung cancer, bowel cancer, gout, diabetes, prostate cancer, heart disease, skin cancer, impotency?
- Why have a general Men's Health Check?
- What are the signs of anxiety and depression and what can I do?
- Is my blood pressure healthy and what can I do about it?
- Am I a healthy size and what can I do about it?
- Where can I find more information on men's health?

Email [info@menshealthnz.org.nz](mailto:info@menshealthnz.org.nz), ph 09 973 4161

For more information go to [www.menshealthnz.org.nz/health-talk](http://www.menshealthnz.org.nz/health-talk)

