

International Men's Day

Celebrate International Men's Day with us and join a dynamic conversation as we shine a spotlight on men's wellbeing and empowerment. Explore the diverse facets of men's health, mental resilience, and positive relationships, featuring insightful discussions, expert insights, and personal stories. Discover strategies to foster a healthier, more fulfilling life and contribute to a supportive community that uplifts and celebrates men's experiences.

We will be joined by special guests: Keith Walsh, Broadcaster and Writer; Fergus Maher, Mental Health Promotion Manager in EAP & Clinical.

[Log in here](#)



Wednesday 22nd November @ 1:15pm