

MEN'S HEALTH GROUP



Coming together for men and their wellbeing

For men from all communities to freely engage with each other about their health & wellbeing and gain useful knowledge and skills to better understand health challenges and provide support to those around them through our FREE Mental Health First Aid Courses.

Tuesday 20/02/24 – 15:00 – 19:00
Saturday 23/03/24 – 10.00 – 14:00

One Colchester Community Hub
4-6 Long Wyre Street CO1 1LH

Please contact Godwin Daudu for more information
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Community360

Winsley's House, High Street, Colchester, CO1 1UG

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