

Armistead in partnership with LFC Action for Health have organised a healthy lifestyle course for gay and bi-sexual men.

Premier League Men's Health Course!



Week 1 - Thursday 6th October 6.30-8.30pm

Introduction

Set up health plans

Sign up to Drop a Shirt Size

Physical Activity Discussion

Week 2 - Thursday 13th October - 6.30-8.30pm

Nutrition Talk

Physical Activity Session

Week 3 - Thursday 20th October - 6.30-8.30pm

Nutrition Talk

Physical Activity Session

Week 4 - Thursday 27th October - 6.30-8.30pm

Cancer Awareness Talk

Weigh In - Drop a Shirt Size

Physical Activity Session

Week 5 - Thursday 3rd November - 6.30-8.30pm

Mental Health Talk

Physical Activity Session

Week 6 - Thursday 10th November - 6.30-8.30pm

Sexual Health Talk

Physical Activity Session

Week 7 - Thursday 17th November - 6.30-8.30pm

Alcohol Awareness Talk

FINAL weigh in - Drop a Shirt Size

Physical Activity Session

Week 8 - Thursday 24th November - 6.30-8.30pm

Health Check

Massage

Give out New Shirt if applicable (Drop a Shirt Size)

Held at Armistead Centre, 1 Stanley Street

To Sign up Armistead on 227 1931!



Organised by LFC Action For Health. For more details contact Christine Mounsey on 07999 857 272