

Men's Health Week

June 15-21, 2015

Know Your Numbers

Come down to these locations and have **Sprott-Shaw nursing students** help you **Know Your Numbers**. These numbers include: BMI, blood pressure & blood glucose. Get social, get healthy & get in the know!

Bring a *Wing Man* to:

Wednesday 5-8



Thursday 5-8



Have a Märzen for Men's Health

or a

muffin & merlot

Friday 5-8



Saturday 8-12



Support Men's **Physical & Mental Health** with CMHA:
Sunday 9-12 @ Centennial Park in Westsyde



For more info go to: JeffConnors.ca