

# Men's Health Month 2019

- ✓ Grow a Mo for Movember
- ✓ Men's Health Checks
- ✓ Know your Balls - Testicular cancer talk
- ✓ Prostate Cancer UK - Drop-in for advice
- ✓ On campus sport facilities
- ✓ Be Active health and wellbeing programme
- ✓ Lunchtime Wholeness Programme at St Peter's
- ✓ Run commute and free breakfast
- ✓ Sign up for the Big White Wall



For more details visit

<https://www.staffnet.manchester.ac.uk/wellbeing/mens-health-month/>