



# EVERYONE

WANTS TO  
BE ACTIVE

# MEN'S CLUB FOR PHYSICAL & MENTAL HEALTH

**The Men's Club is free to all men in Stevenage who would like to improve their physical and mental health**

Three, free workshops to help you understand depression, anxiety and stress and show you tips on how to tackle them. Nutrition and physical activity advice and how to improve your general health and wellbeing. All sessions end with a progressive relaxation exercise

**After attending the workshops, you will be able to use the facilities free of charge for one month.**

(offer includes use of the gym, group training sessions and lane swimming)

Next course is Tuesday May 13<sup>th</sup> 7.00pm-9.00pm

at the Healthy Hub Stevenage (Stevenage Arts and a Leisure Centre)

**to book your FREE space email:**

[stevenagehealthyhub@everyoneactive.com](mailto:stevenagehealthyhub@everyoneactive.com)

or call us on 01438 579390

everyone  
ACTIVE

ACTIVE  
STEVENAGE

Stevenage  
BOROUGH COUNCIL

Healthy  
hub  
Stevenage

Working together for the health and happiness of Stevenage residents.