



LIVERPOOL FC  
FOUNDATION  
HOPE IN YOUR HEART

# Tackling Men's Health Issues



All  
Courses  
are **FREE**  
to join!

**Our Goal is better Men's Health**



**The Men's Health Programme** was developed in 2005 in response to the high levels of poor health in the local community. It aims to tackle issues such as poor diet, obesity, heart disease, low physical activity levels, cancer prevention as well as mental health and wellbeing. The programme offers a wide range of activities to suit everyone including:

- **Men's Health Courses**
- **One-Off Health Talks**
- **Cookery courses**
- **Circuit sessions**
- **Cycling Events**
- **Take A Stand Comedy Confidence**
- **Educational Opportunities**
- **Workplace Health Programmes**
- **LFC NHS Health Trainer Service**
- **Community Health Trailer**



**For more information on our projects and services**

please contact Christine on 07999 857272 or email [menshealth@liverpoolfc.com](mailto:menshealth@liverpoolfc.com)

