



MENS

Health Initiative

Begin your journey towards well-being by joining our workshop series dedicated exclusively to men's health. Sail into a sea of knowledge and chart your course to a healthier, happier and stronger you.

TOPICS

NOVEMBER 14

Healthy living & nutrition

DECEMBER 19

Mental health

JANUARY 16

Balanced masculinity

FEBRUARY 20

Heart health

MARCH 19

Common illnesses in men

APRIL 16

Positive parenting

TFH Community Outreach Center • 6 p.m.

Enter at 40-35 21st Street, LIC (next to pharmacy)

Why participate?

Navigate through vital men's health topics. Join a safe space to discuss masculinity, mental health and positive parenting. Enjoy refreshments. Feel empowered and win great raffle prizes!

Secure your spot now. Click the QR code or email mmiller@thefloatinghospital.org

**Join us
and win!**

Attend 4 out of 6 workshops for a chance to win a great prize.



THE FLOATING HOSPITAL

