



**Provincial Grand  
Lodge of Down**



**District Grand Royal  
Arch Chapter of Down**

## **Men's Health Week 13<sup>th</sup> – 19<sup>th</sup> June 2022**

As part of Men's Health Week, and in a Health and Wellbeing alliance between the Provincial Grand Lodge of Down, the District Grand Royal Arch Chapter of Down and the South Eastern Health and Social Care Trust, an afternoon of information and activities has been organised to take place on Tuesday 14<sup>th</sup> June 2022 from 1.30 – 3.30pm at Galwally House.

The theme is “**Mission is Possible**” with the aim being to raise awareness of Men's Health and Wellbeing issues and to promote the importance of looking after ourselves.

We would like to invite all Brethren to Galwally House when there will be the opportunity to speak to local experts offering advice and information.

This will be a great opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of our Brethren. Nutrition & fitness tips, mental health talks highlighting the issue of loneliness, talks from U3A, Men's Sheds and demonstrations of basic First aid and the use of AED equipment will all provide helpful information. A wellbeing nurse will be on hand to carry out basic health checks. Tea/coffee and biscuits will be served during the afternoon.

Please put this date into your diary. This information will also be posted on the Provincial Grand Lodge and District Grand Chapter websites.

Signature:

Right Worshipful Brother John C Clarke

Provincial Grand Master of Down

Signature:

Most Excellent Companion Neil A Coey

District Grand King of Down