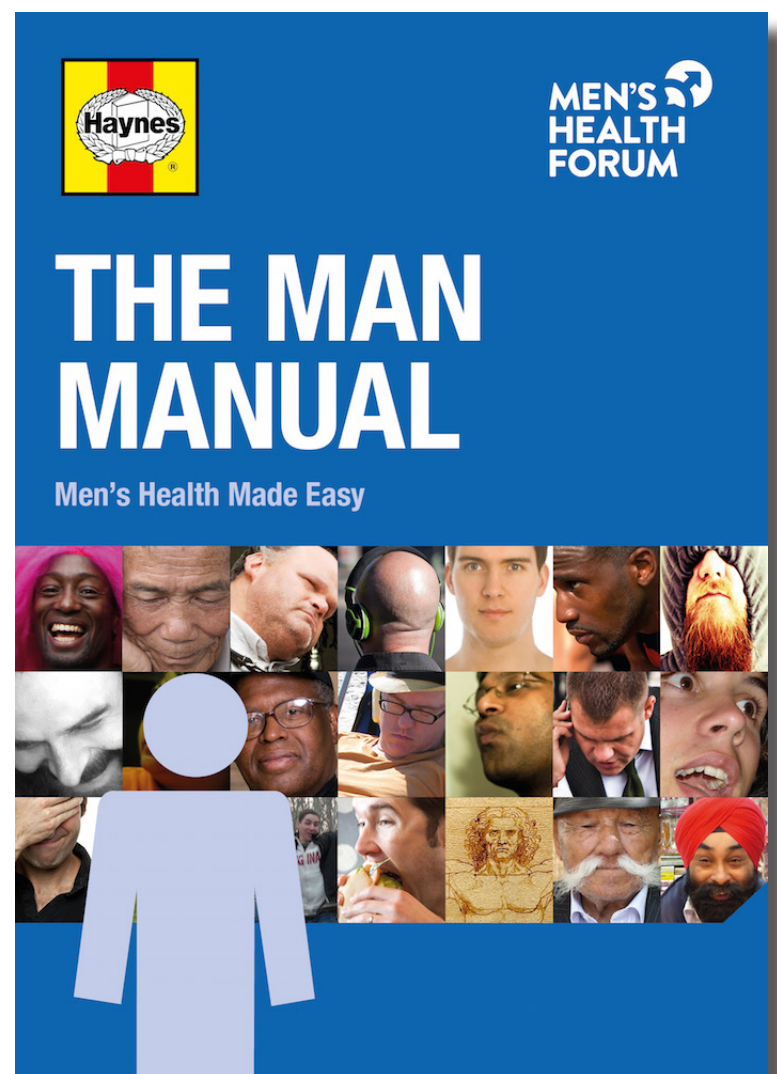


Men's Health Week



FREE MAN MANUAL

One man in five will die before he's old enough to retire.
Or you could read The Man Manual. It's your call.

DON'T BE THE ONE IN FIVE

menshealthforum.org.uk/manmanual