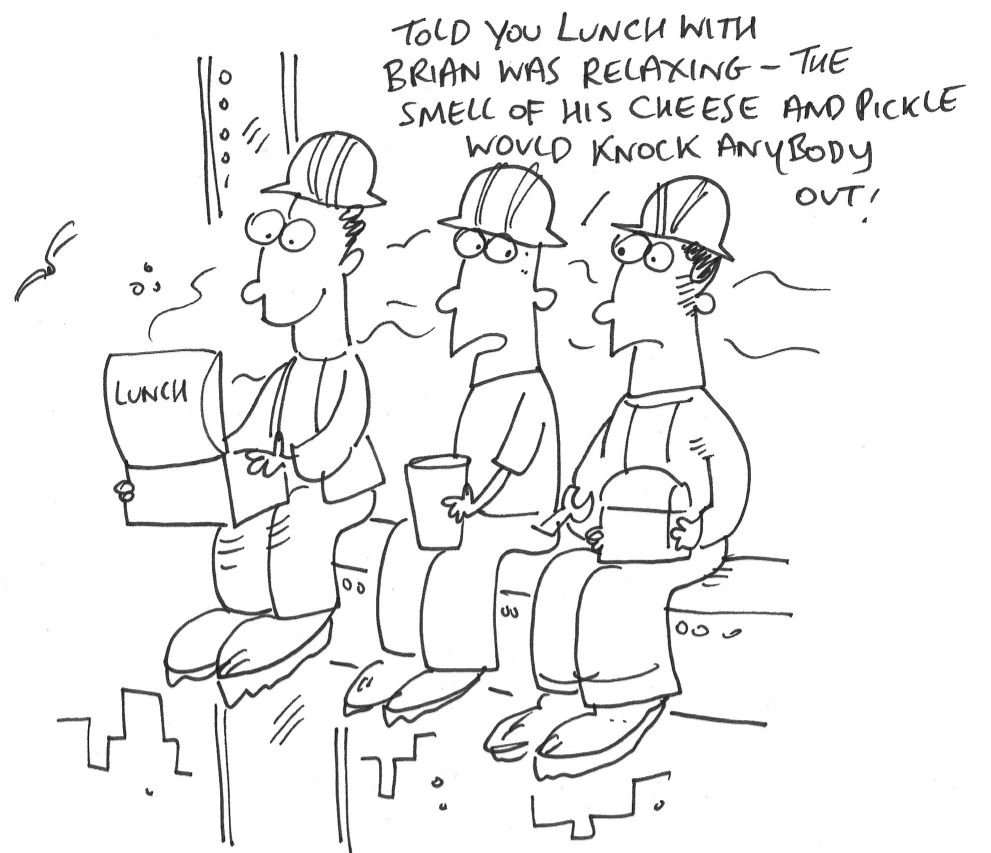


MEN'S HEALTH WEEK

MEN'S HEALTH FORUM 



HOW DO YOU BEAT STRESS?

Finding time for lunch with mates is a great idea.
But what do you do?

LET'S TALK
menshealthforum.org.uk