



Men's Health – Presentation

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Men's health issues are often ignored, with discussions on mental health still quite taboo. This is a general presentation that focuses on the male biology. We take a look at common risk factors in work, life and play, and share lifestyle choices to reduce these risk factors and improve general wellbeing.

Men's health is coming to the forefront, due to increasing awareness of the need to addressing mental and physical health issues.

This is a general health and lifestyle presentation, given from a man's perspective. Content includes actionable tips on:

- Mental Health
- Health & Fitness
- Nutrition
- Stress Relief
- Lifestyle

Are there particular issues you wish to address?

Bespoke sessions are available for specific requirements.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.