

LET'S CELEBRATE INTERNATIONAL MEN'S DAY

Tuesday 19th November is International Men's Day. This is an important day in the global calendar that helps mark the contribution that men and boys make to society, creating positive conversations about men, manhood and masculinity.

This annual event helps to raise awareness about some of the biggest issues facing men in the world right now, such as the rising rates of male suicide, male health and a lack of positive male role models. The issues may differ depending on the country the men are in, but the importance of improving male wellbeing is the same.

What to look out for on International Men's Day

In the past, there have been parliamentary debates, community events and charity fundraisers. Look out for lectures, book launches, student events and comedy nights in your area too – there really is no limit to the ways you can celebrate the day.

Every event is intended to entertain, while highlighting the biggest issues facing men in society today.

Want to throw your own International Men's Day event?

Whether you have your own business or you are an individual wanting to mark the occasion, there are lots of ways you can get involved,

If you have your own business, you might arrange to get an influential speaker to talk to your employees about masculine wellbeing or any of the issues facing them in the workplace. You might also like to spread the messages of International Men's Day via your company social media channels, allowing you to reach more people and showing your support for your customers.

Why not sign up to volunteer for charities like the ManKind Initiative, DadsMatter or Andy's Man Club? That way you can help to keep the important messages alive long after International Men's Day is over.

On a more personal level, you might want to send a card or a message to a man you admire or one that you thin needs your support. And if you decide to hold a community event, make sure you get in touch with the team at International Men's Day UK via their email address: contact@ukmensday.org.uk so they can list it in their event section and help to make it a success.



For more information, head to ukmensday.org.uk

Men-ditation™

MINDFULNESS FOR THE MODERN MAN



zenergy
WELLNESS

Guys, it's time to hit the pause button and find that elusive balance in life.

Zenergy Wellness would like to invite you to join our first online Men-ditation™ on 22/10/24 & to our community event "How to be a Happy (Hu)man" at Bayley's of Bromsgrove for International Men's Day on 19/11/24. Both events are free to attend, offering practical wellness techniques for the real world and will be hosted by Dave James. Further details below.

For more information about the Men-ditation™ and the free events we are hosting please contact info@zenergywellness.co.uk or head to the website:

zenergywellness.co.uk