



MEN'S HEALTH WEEK

13TH – 19TH JUNE 2016

To promote Men's Health Week,
Hobs Moat Library is hosting a healthy lifestyle
drop-in session.

Tuesday 14th June
1 – 4pm

Come along and talk to our Health Trainer and
see how a healthy diet and lifestyle can help
with stress and anxiety.

For more information pop into the library or
ring us on 0121 743 4592.

