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## Social Engagement Project

Embrace | Believe | Live

**MGF**

Are you a man aged between 40 and 60 years old?

**MGF**

Do you live in North Derbyshire?

**MGF**

Is your life what it could be?

**MGF**

Would you like to improve your physical and mental wellbeing?

**MGF**

Do you perhaps need to combat feelings of loneliness or gloom?



If you answer yes to any one of the above, then join Men Going Forward. Meet others like yourself to work together in a non-medical way to explore your interests and engage in social activities to help you embrace life, believe in a brighter future and learn to live in a healthier, happier way

Call 01246  
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