



Man On!

Harrow

Are you:

- male, aged 18+?
- based in Harrow/North-West London?
- looking to improve your overall health and wellbeing?
- looking to meet new like-minded people?



Man On! is a fully funded football and physical activity based health service that aims to support adult men aged 18+ looking for support with their physical and mental health.

Sessions run every Monday for 90 minutes and have proven to increase mental and physical health, as well as build on an individual's support network by creating long-lasting positive relationships. Sessions incorporate an inclusive, demand-free game of football or other physical activity, followed by an indoor wellbeing conversation around positive health and wellbeing.



Where?

Cedars Community Centre, HA3 6QH

When?

Every Monday, 6pm-7:30pm

For more information, contact Taylor:
taylor.morrison@watfordfc.com