

Don't just Sit there...

**MEN'S
HEALTH
WEEK**

MEN'S HEALTH FORUM



An afternoon of
stand up for men
with award winning
comedian John Ryan

Compèred by BBC Essex's Ronnie Barbour

Featuring a pop up professional panel,
displays and warm up

Monday 18th June. 12:30pm

The Transition,
Anne Knight Building, City Park West,
Chelmsford, CM1 1LW

**Lunch
Included**

"John Ryan is truly the world's first and only men's health comedian. He is challenging and thought-provoking as well as being a thoroughly nice bloke"

**Peter Baker,
Chief Executive, Men's Health Forum**

An afternoon of entertainment including stand up comedy from John Ryan who addresses the serious business of health in an engaging and amusing way. Hosted by BBC Essex DJ Ronnie Barbour this event looks at the funny side of men's health whilst offering the opportunity to find out more about local activities to help you get active and stay healthy.

Includes a professional pop up panel, listen to a series of professionals explain themselves in just four minutes, take part in a real warm up event and talk to local people about what's going on in your area.

Ticket includes lunch.

If you have any questions about this event please contact Hamish on 01621 851891 or email hamish@maldoncvvs.org.uk

Book online at https://dont_just_sit_there.eventbrite.co.uk

"Don't just sit there" is being brought to you by the Essex Shed Network and West Essex Sheds hosted by Maldon and District CVS and CVS Uttlesford and is supported by the Centre Supporting Voluntary Action in Chelmsford.

Funded by the Big Lottery Fund