

# MEN'S HEALTH AWARENESS WORKSHOP

 **June 29, 2026** |  **3:30 PM – 5:30 PM**

 **Unit 101, 60 West Drive, Brampton, ON**



## What You Will Learn

- Preventive Health
- Colorectal Cancer Screening
- Healthy Lifestyle Habits
- Personal Health Commitment

## Event Features

- Men's Health Education
- Interactive Activities
- Community Resources
- Refreshments & Networking

**ONLY FOR MEN**



**Scan QR Code  
to Register**



**437-243-3735**



**supportline@pchs4u.com**

**Your Health Matters – Take the First Step Today!**