




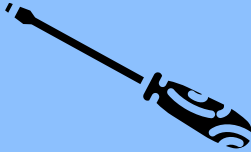

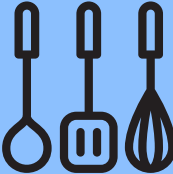

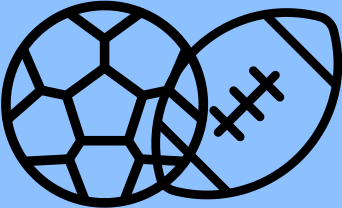
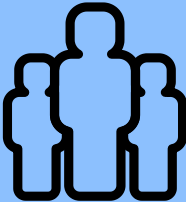


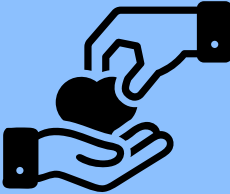


NOVEMBER

# MEN'S MENTAL HEALTH MONTH

MON	TUE	WED	THU	FRI	SAT	SUN
						Go for a walk or a run
	Read a book, paper or magazine		Chat to family or friends		Plant something	
Build or fix something		Enjoy a long soak		CBake or cook		Appreciate nature
	Enjoy sport		Spend time with family or friends		Try meditation	
Chat to family or friends		Be grateful for the good things in life	Thank you	Do something for someone else		Rest when you need to
