

## TWO EXCITING NEW PROGRAMS FOR MEN

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### LIVING IN THE HERE AND NOW



Living, shopping, enjoying life and staying happy – all too easy?

What keeps us motivated when we live alone?

What can we do to overcome feelings of depression and anxiety?

What helps us to cope with bad attitude and discrimination?

What keeps us happy and on top of things

**TUESDAY MAY 13 10.00am – 12.30pm at Karumah  
Lunch included.**

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### GROWING OLD [DIS]GRACEFULLY



What wonderful things await us as we mature?

How does our life grow better as we age?

Prostate – where it is and how to keep it in good nick..

How will my sex life and social life change?

Friends, fun and future – it's all good really....

All your questions answered... grumpy men welcome!

**TUESDAY MAY 20 10.00am – 12.30pm at Karumah  
Lunch included.**

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Men's Health Consultant Greg Millan is running these two new exciting workshops. Greg has developed and run many programs for gay men over the past 25 years and has a background in men's sexual health and HIV/AIDS health promotion, check out some of his past work [here](#).

Both programs provide a safe confidential space to share ideas, learn some new skills and have a few laughs along the way.

**To Register for these workshops Contact Karumah**

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