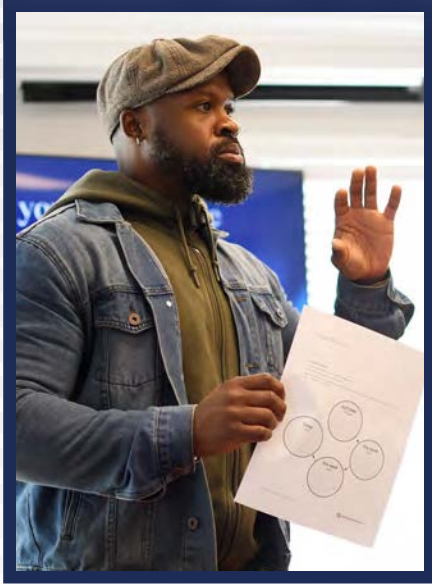


# MANCAVE TALKS



JOIN US FOR THIS FREE EVENT  
FOR MEN ONLY

Stronger Together: **Chronic Diseases & Men's Health**

Did you know?

**Men live about 5 years less than women and die from preventable chronic conditions more than women.**

Data Source: : Tarrant County Public Health. (2022). Men's health in Tarrant County data brief.


COFFEE – SNACKS – GIVEAWAYS

 **Saturday, January 31, 2026**

 **10:00 a.m. – 12:00 p.m.**

 **George W. Hawkes Downtown  
Library, Resilience Room  
100 S. Center St,  
Arlington, TX 76010**

**REGISTER TODAY!**

 To register, scan the  
QR code, call, or e-mail:

 **817-321-5930**

 **CCAkpan@tarrantcountytx.gov**

 **spotierjones@thebetteredmen.org**



This event is not sponsored by the Arlington Public Library or the City of Arlington.