

# Celebrating International Men's Day!



**Join in some exciting free sessions lined up this November just for you:**

- Men's Chicken/Chickpea Curry Making Session on Tuesday 7th November from 6.30-8.30 pm at Uxbridge centre.
- Men's Chicken/Chickpea Curry Making Session on Monday 13th November from 6.30-8.30 pm at Uxbridge centre.
- Men's Mental Health Breakfast Session on Thursday 16th November from 9.30-11.00 am at Uxbridge centre.
- Men's Introduction to Managing Your Money on Tuesday 21st November from 7.00-9.00 pm at South Ruislip centre.
- Men's Health Breakfast Session on Thursday 23rd November from 9.30-11.00 am at Uxbridge centre.
- Men's Introduction to Photography using a mobile phone (Must bring a mobile phone for the session) on Wednesday 29th November from 7.00-9.00 pm at Uxbridge centre.

**To book your spot call 01895 556252 or email: [familylearning@hae-acl.ac.uk](mailto:familylearning@hae-acl.ac.uk)**



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**MAYOR OF LONDON**

