



EVERY
THURSDAY
FROM 6PM.
CHECK WEBSITE
FOR VENUE
START

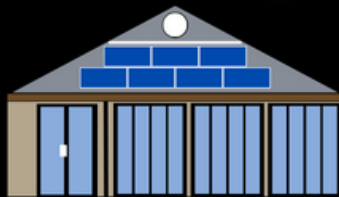
**WALKING
GROUP
MEETING**



It's ok for
men to have a
mental health
illness
It's that
**BLACK &
WHITE**



A chance for
men suffering
with anxiety,
depression &
grief to talk
with other
fellow
sufferers



Cloverdale Retreat
Priory Marina,
Barkers Lane,
Bedford, MK41 9DJ



www.formentotalk.co.uk

