



Virtual Men's 50+ Health Day

23 OCTOBER 2020

10AM – 4PM

INSTRUCTION FOR JOINING THE SESSIONS
IS AT THE BACK PAGE

ALL ACTIVITIES ARE FREE OF CHARGE



Public Health
Agency



Belfast
City Council

VOLUNTEER NOW

Men's 50+ Health Day Programme

Friday 23rd October 2020

MORNING

10.00am: A Welcome from Lord Mayor Councillor Frank Mc Coubrey

 **CLICK
HERE**

Meeting ID: 843 9694 3142 Password: 142006

10.15am: A word from Da

 **CLICK
HERE**

A bit of advice from our favourite "Da" aka Tim McGarry as he takes us through his ideas on how to look after yourself .

Meeting ID: 843 9694 3142 Password: 142006

10.30am: Fitness First – Join the very Popular Freddy

 **CLICK
HERE**

Fitness Freddy will put you through your paces in a fun packed session. You won't even know you have completed your daily exercise for the day.

Meeting ID: 835 2736 9626 Password: 371874

11.00am: Hair and Beard Care with Lenny the Dementia Barber

 **CLICK
HERE**

Let Lenny the Barber take you through the art of looking after your hair and beard for the well-groomed man!

Meeting ID: 862 0344 5908 Password: 631837

11.30am: Health & Wellbeing with Paul O'Kane

 **CLICK
HERE**

Paul O'Kane author of Belfast Man and Boy will take you through positive steps to maintain good mental health. Receive a free copy of his book if you attend the session.

Meeting ID: 874 2121 3901 Password: 577928

12.00pm: Galloping Gourmet with Chef Gerry Faloona

 **CLICK
HERE**

Gerry will spice up your life with a demonstration on how to prepare a simple chickpea curry dish.

Meeting ID: 861 6763 6984 Password: 413112

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AFTERNOON



1.00pm: Living with sight loss with Louise Neeson

Product coordinator RNIB (Royal National Institute of Blind People)
Louise will demonstrate and explain a range of products that make everyday tasks for those with sight loss easier

Meeting ID: 868 5133 8108 Password: 90987



1.30pm: Move with Mary

Let our very own Lady Mary Peters take you through a little light exercise to get you more flexible and mobile.

Free DVDs of "Move with Mary" are available on request from Sandra Faulkner.

Meeting ID: 830 8271 3556 Password: 123516



2.00pm: Advice from your friendly Pharmacist

Community Pharmacist Brendan Anglin M.P.S.N.I.B.Sc. will provide you with good advice on getting through the winter months including Flu Vaccination and minor ailments

Meeting ID: 815 6554 0697 Password: 711647



3.00pm: Busy Bees with Black Mountain Action Men's Group

A talk from Darren Lemon from Black Mountain Action Men's Group on the highs and lows of keeping bees. Your opportunity to ask questions on how to set up and maintain a bee hive.

Meeting ID: 815 4850 4207 Password: 646304



4.00pm: Shop Mobility Julie Guilar

Hear more from Shop Mobility – a service second to none and how you can access this service.

Meeting ID: 847 5448 8555 Password: 461027

Steps to join sessions on Zoom

1. Click on the session you wish to attend
2. This will open Zoom – if you have not downloaded Zoom before please do so now
3. Enter your email address
4. Join the session
5. Watch the session
6. Click LEAVE when the session is over and then click on the next one you wish to join
7. You can use the Meeting ID and Passcode listed below each event if you are familiar with Zoom.