



ALMONTE OLD TOWN HALL

THURSDAY NOVEMBER 5, 2015 / DISCUSSION 7 PM – 9 PM

FREE TO ALL!

Doug Mackie *Founder, MenSheds Manitoba*

A Men's Shed is any community based organization that is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men. The primary objective is to advance the health and well-being of the participating men.

Men have a greater tendency to suffer from isolation, loneliness and depression than women, especially after they retire; however, being productive and contributing to your community are key steps to good health.



Co-sponsored by the Mississippi Mills Municipal Drug Strategy Committee & Lanark County Mental Health