

Get involved

Volunteering can provide a range of health and social benefits, including:

A sense of achievement and purpose

Enhanced self-esteem, confidence, and energy

Improved social connections

Reduced feelings of stress, isolation, and loneliness

MEN'S HEALTH
WEEK 2023 June 12-18

HEALTHY HABITS

For more information, visit
westernsydney.edu.au/mens-health-week/about



**2023 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek



**CENTRE FOR
MALE HEALTH**

