



## Spotlight on Men's Health

Watch our webinar



Welcome to our latest edition of **Spotlight** which focuses on Men's Health - offering help with mental and physical health for men, both as individuals and within the workplace.

Our recent research shows how there's still a need to encourage men to speak about their health, especially at work. To help you, your clients and your colleagues, we held a [Let's talk about men's health webinar](#) during **Men's Health Week**.

Below you'll find links to **webinars, guides and useful content** offering guidance and support on men's health, to continue these conversations all year round.

**This information is suitable for all, so please share with your clients and colleagues.**



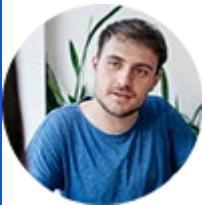
[Watch - Let's talk about men's health](#)



[Watch - Men's cancer](#)



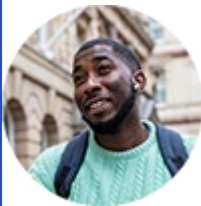
[Watch - Men's mental health](#)



[NEW - Men's health 10 key insights](#)



[Read - Guide to cancer in men](#)



[Read - Research on men's mental health](#)

Visit our [webinar hub](#) to register your interest for upcoming webinars.

**Please share** - you, your clients and your colleagues might also be interested in our [Neurodiversity Hub](#) or [Menopause Hub](#).

