

## Dedicated Men's Health Events

### Focused Pilates Workshop for Men with Prostate Cancer

This specialised workshop focuses on strengthening the deep core and pelvic floor muscles to directly support prostate health.

**Location:** 559 SCR, D8

**Start Date:** Thursday, 18<sup>th</sup> June

**Time:** 10:30am - 12:00pm

### Prostate Cancer - How to Share Love with the Body you have

A confidential talk on intimacy and sexual health for heterosexual men living with prostate cancer and their partners led by Ireland's leading Clinical Sexologist

**Location:** Zoom

**Start Date:** Wednesday, 24<sup>th</sup> June

**Time:** 6:00pm - 7:30pm

To chat with us or to  
sign up to any of our  
supports please:



[info@arccancersupport.ie](mailto:info@arccancersupport.ie)



**(01) 215 0250**



[www.arccancersupport.ie](http://www.arccancersupport.ie)

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Registered Charity Number:  
20028428



**June**

*Supports for You  
and Your Family*

**Care, Connection  
and Understanding**

**All supports are free  
of charge**

**Your Local Centres:**

65 Eccles Street, Dublin 7

559 South Circular Road, Dublin

23 Herbert Ave, Dublin 4