



TEAM RICKMANSWORTH

Thursdays at 7pm

Meet outside Rickmansworth
Railway Station, WD3 1QY

Why not come down and join our peer to peer
walk and **talk** groups.... It's **FREE!**

With every walk you are helping bring an end
to the stigma of mens mental health.

Let's start chatting about what really matters



 07397 501110

 theproperblokesclub@gmail.com

 www.theproperblokesclub.co.uk

 [theproperblokesclub](https://www.facebook.com/theproperblokesclub)

 [the_proper_blokes_club](https://www.instagram.com/the_proper_blokes_club)

 [BlokesClub](https://twitter.com/BlokesClub)