



More than just a Mo(ment) in time

## Description

**Men's health is about more than celebrating Movember once a year – it's about regular conversations around men's health and wellness issues which are often overlooked.**

Last year, we launched Fireside Conversations, a platform to facilitate awareness of men's health.

Our first Fireside Conversation reminded our men that their health journey is a life-long process of making conscious decisions and taking consistent actions to improve and maintain their physical, mental, and emotional well-being.

Dr W. Riback unpacked the importance of physical health, sharing a few tips to set our men on the right path.

If you want to join future sessions, look out for further communication from the Wellness Team.

## Category

1. OUR WELLNESS