



# Men's Group

**Tuesday, June 4, 2019  
10:30 - 11:30**

Join the Men's Group for Coffee and  
Conversation. New members always  
welcome.

**Tuesday, June 18, 2019  
10:30am - 11:30am**

**Special Guest, Albert Pless, Program Manager of the  
Men's Health League.**

In recognition Men's Health month this June Albert  
Pless, Program Manager of the Men's Health  
League at the Cambridge Public Health Department  
will be sharing wellness tips on healthy eating,  
exercise, and how to prepare for your doctor's  
visits. Please join us!!

**For more information, contact Vincent McCarthy,  
Cambridge Council on Aging  
vmccarthy@cambridgema.gov  
617-349-6220**