



MENPOWER

FORMERLY KNOWN AS MOJO OFFALY
Expanding Horizons

ARE YOU?

- lost, confused, down...
- directly affected by employment issues
- male and over 18 years of age
- motivated to change
- able to participate in a 12 week programme, 2 mornings per week
- able to take personal responsibility

Participation on this course will not affect your benefits if you are on social welfare.

Want to know more?

Contact Caroline on **087 602 8801**
or **cbrickland@offalyldc.ie**
www.offalyldc.ie

MenPower is a 12 week training programme, developed by a collective of organisations, to help men learn to build their mental and physical fitness while developing the ability to engage with local services, set goals and develop a life plan.

