

# GO BEYOND BANTER

## Tired of the usual blokey banter?

Connect with men in your local area over dinner once a month.

## Join a local Men's Table

Build trusted friendships, enjoy open conversations, share life's ups and downs

## Upcoming Entrees:

Grafton - 24 March

Nambucca Valley - 13 April

Macleay Valley - 14 April

Port Macquarie - 28 April

## TO GIVE IT A TRY



Scan this QR code  
Or visit [themenstable.org](http://themenstable.org)  
[hello@themenstable.org](mailto:hello@themenstable.org)

**1800 636 782**

Funded by Healthy North Coast through the North Coast PHN program



**THE MEN'S TABLE**  
Strength To Care

**HEALTHY**  
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