

The MOT4Men preventative men’s health programme candidly educates and informs on key men’s health matters including diabetes screening, heart disease, alcohol, smoking, blood pressure and cancer (testicular, bowel, breast, prostate and skin) – enabling men to increase their awareness and prioritise their health needs.

**What does the MOT4MEN programme cover?**

* Electrics Learn about the risk factors and ways to reduce your risk of diabetes
* Exhaust Fumes Reasons to quit smoking
* Fuel Additives Excessive alcohol intake can throw a spanner in the works.
* Manifold Bowel cancer screening could save your life
* Oil Level Don’t blow a gasket! discuss ways to keep your blood pressure healthy
* Paintwork Rust on your paintwork? Check your skin regularly
* Shock Absorbers Stress discuss coping skills and contributing factors to mental health
* Spark Plugs Keep your spark plugs firing! Check your testicles
* Timing Belt Be aware of the risk factors and symptoms of prostate cancer

**Free to SMSA Shed Members**

**Interested? Contact the Scottish Men’s Sheds Association Team  
on 07493361003 or email Dev1@scottishmsa.org.uk**

