

# HEAD TO THE SHED

THE MOST POWERFUL & PROVEN PRESCRIPTION  
FOR MEN'S HEALTH PREVENTION



**EAT**

TAKE ONE SHED VISIT  
...REPEAT REGULARLY



**SLEEP**



MAY BECOME  
ADDICTIVE



**SHED**



**REPEAT**

**SCOTTISH MEN'S SHEDS**  
WHERE PREVENTION STARTS, AND MEN THRIVE!