



CYMRU



Packed morning of **training for men** and men's groups, with the usual CVM fun, laughter and banter. There's also a **bacon roll** thrown in!

SATURDAY 3 FEBRUARY 2018

9:30am-12:30pm

St Paul's Church
9 Bridge Street
Newport NP20 4AL

Cost: £5

(inc. refreshments and bacon roll)
Concessions available

We will hear from three speakers:

Mark Chester (*Who Let the Dads Out*)

Heath van Staden (*Every Man A Warrior UK*)

Jon Stockley (*CVM Cymru*)

They will have just 15 minutes each to share their best thinking.

It will be informative, fun, relevant and life-changing!
After each session, there will be time for Q&A

BOOK ONLINE AT: CVM.ORG.UK/QUICKFIRE

OR CALL THE CVM OFFICE ON **01246 452483**

cvm.cymru



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