



Empowering Men's Health & Well-being: Knowledge & Skills for a Better Life

Welcome to the first newsletter of the Men@Health project!

In this issue, we present the project's aims and objectives, planned results, and introduce the Men@Health team.

Project results



Project aims to promote men's health and wellbeing for a more inclusive society with equal opportunities for all.

This is achieved by improving the overall health and wellbeing of men through an educational programme that challenges harmful stereotypes, promotes preventive care and encourages improvements in physical and mental health.

Objectives

- To **motivate** men for greater understanding and responsiveness to their health and wellbeing.
- To **deepen** men's knowledge and skills on health and wellbeing.
- To **assess** the obtained men-learners' knowledge and skills.
- To **improve** competences of adult educators to empower men to take care of their health and wellbeing.
- To **ensure** the sharing and promotion of the projects activities and results.

Target groups

- Men-learners, including with fewer opportunities
- Adult educators who are willing to improve their competences to train men-learners

To make sure you don't miss any news and updates, follow us on the [project website](#) and on [social media](#)!



Kick-off meeting

The first project partnership meeting took place in Ireland in 2025, bringing together partners from Lithuania, Greece, Ireland, and Austria. With the project goals and topics already established, the meeting focused on deepening discussions around workload organisation and partner responsibilities. Each partner contributed their expertise, enabling clear task allocation and a shared understanding of how to work together effectively. This meeting laid a strong foundation for coordinated implementation and meaningful collaboration throughout the project.

Local Stakeholder Forums' (LSFs)

meetings have been initiated in the project partner countries, involving local stakeholders and representatives of associated partners. In addition to exchanging perspectives and expertise, the LSFs will contribute to the monitoring and quality evaluation of project results, ensuring alignment with local needs and contexts.

