



Men's Development Network

Better Lives for Men, Better Lives for All

Invite you to: #CelebrateMen
on
International Men's Day, 19th November 2020

International Men's Day is celebrated annually on 19th November. Thursday, this year. It is an opportunity for everyone to reflect on and celebrate the men in their lives and to consider the many positive contributions that men make to family, community, culture and society.

This year, as we remain in lockdown, the **Men's Development Network**, is inviting everyone to **#CelebrateMen** on **#InternationalMensDay** through a social media campaign.

#ACTION123

1Man **2Traits** **3Mates**
1minute **2channels** **3 donate***

1. Identify one man (first name only) whose positive qualities you wish to celebrate.
2. Highlight two of his positive qualities via posting a video, image or text to your social media channels.
3. Nominate three of your friends to do the same and make a donation to MDN.

Use the hashtags: **#CelebrateMen** & or **#IMD2020**

Don't forget to tag us: **@MensNetworkIE** on Facebook, Twitter & Instagram!

International Men's Day highlights the key issues impacting on men's lives today. For over 23 years MDN has addressed these issues in its programmes and campaigns. This year, due to the lockdown, we are inviting everyone to help us see through the stereotypes and address these issues by sharing online their appreciation of men who have inspired or helped them.

We hope that by sharing these life enhancing experiences, we can encourage new conversations that will support our mission: "Better Lives for Men, Better Lives for All".

**Donations from this campaign will fund our programmes which seeks to reach men experiencing isolation, enabling them to make connections and get support virtually.*

For More Info, Contact: Sean Cooke CEO, 086-7815605 or sean@mensnetwork.ie

www.MensNetwork.ie