



**SOUL BROTHERS**

CONFIDENCE, DISCIPLINE, EMPOWERMENT

## **SOUL BROTHERS**

### **A COMMUNITY FOR MEN**

- Brotherhood
- Community Hikes
- Yoga & Meditation
- Addiction Recovery
- Cold Water Therapy
- Mental Health Support
- Emotional Intelligence
- Strength & Conditioning

Presented by [usman\\_unchained](#)



Knowsley Council



TOWER HILL COMMUNITY  
BRINGING PEOPLE TOGETHER

**one**  
KNOWSLEY

**EVERY SATURDAY**

**1:00 PM – 2:00PM**



**TOWER HILL ABC**  
**L33 1WU**



+447449815173



[admin@towerhillcommunityhub.com](mailto:admin@towerhillcommunityhub.com)