



Men's Health

No
CHARGE!

Brimbank Men's Health Day 2016

Thursday 16 June
10am-2pm

Westvale Community Centre
45 Kings Road, St Albans

Guest Speaker David Parkin

Please note: Event will be held outdoors
Turn over for more information



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Time	Presentation	Details
10.30am	Information Session 1	Brimbank City Council Services Find out about the services Council provides to support the community maintain health and wellbeing. Council delivers a broad range of services including (but not limited to) men's focused programs, family & children's, seniors' & aged care, youth, leisure & recreation, volunteering and learning services.
11am		Break
11.10am	Information Session 2	Men's Health Services in Brimbank Find out about local health & community service providers, what services are available and how to access them.
11.40am		Break
11.50am	Official Welcome	Official welcome from Brimbank City Council Administrator.
12.20pm	Guest Speaker: David Parkin	Media personality, former AFL player and coach, educator, author and Men's Health advocate David Parkin will speak about his health battles and the importance of seeing a GP.
1pm		Break
1.10pm	Workshop Life! diabetes, heart disease & stroke prevention	Symptoms and risk factors of diabetes, heart disease and stroke. Healthy eating and physical activity tips to reduce your risk of developing these conditions. Life! Learn how you can participate in this 6 month program.
1.40pm		Break
1.50pm	Presentation Brimbank Men's Health & Wellbeing Community Discussion Paper	Presented by Lentara Brimbank Men's Shed & Melton-Brimbank Men's Health Network



All day activities

Pop-Up Westvale Men's Shed	Learn about Men's Sheds. Take part in outdoor activities, make your own key holder and join the social group.
Health Checks 15 minutes <i>*Book on the day.</i>	Health Check involves: <ul style="list-style-type: none"> • Height & Weight ratio • Body Mass Index • Blood Pressure • Resting Heart Rate • Total Blood Cholesterol • Blood Glucose
DIY Workshop	Make your own toolbox with Bunnings, Taylors Lakes.
Hearing Tests <i>*Book on the day.</i>	See one of the friendly staff from Australian Hearing, to book in for a hearing test or find out more about hearing care.
Winter Warmers cooking demonstration	Interactive sessions delivered throughout the day. Sample delicious and easy to prepare recipes that you can learn to make at home.
Health & Wellbeing, Lifestyle & Hobbies information stalls & displays	<ul style="list-style-type: none"> • Council Community Wellbeing Services • Mental Health • Drugs & Alcohol • Prostate Cancer • Tobacco & Lung Cancer • Sexual Health • Gamblers Help • Bowel Cancer • Skin Cancer • Health Screening: check your risk for type 2 diabetes? • Lifestyle & Hobbies • Leisure & Recreation • Family Support Services

Arrive in sustainable style, bus, bike or walk (bus route 420). Don't forget a lock chain and chain for your bike. Activities on this program are subject to change and were correct at the time of printing.