

Celebrating International Men's Health Week

Work • Life • Family and Good Health

Getting the balance right.

Saturday 19th June

8:00AM – 10:00 AM



JOHN BLACKMAN

Australian Radio and Television Presenter, Author and funnyman on Hey Hey Its Saturday. A serious health scare has given John a new outlook on work, life, family and staying healthy.



WILBUR WILDE

Musician, actor, radio presenter and regular on Hey Hey Its Saturday. Aria Hall of Fame inductee and Mens Health Advocate.



ADAM RAMANAUSKAS

Adam was diagnosed with cancer in 2004. He returned to play for Essendon in 2006 and retired in 2008 after 134 games. He understands the importance of good health, supportive friends and family and getting the balance right.

Live Music — *The Simon Pilbrow Trio* • Partners Welcome

**Bookings
Essential**

\$30

Includes hot breakfast, cereal, tea, coffee and juice.

Main Entrance Gate 3 Mornington Racecourse (Melway Ref. 146 A4)

Tel.: 5975 3310

Payment, at time of booking, in person or by phone to the Mornington Racecourse via Credit Card

Men's Wellbeing Matters

Promoting good health and wellbeing for men on the Mornington Peninsula

www.menswellbeingmatters.com.au

