Cardinia Leisure



FREE EVENT

MENS HEALTH EXPO

Friday, June 19
7.00pm-9.00pm

Pakenham Hall - 6E Henry Street, Pakenham

Join us for a **FREE** community event focused on the importance of men's health and wellbeing.

Discover practical tips, local services and resources to support a healthier lifestyle.

*Bookings Required.
SCAN HERE:

Supported by

Cardinia Casey BIGGEST EVER BLOKES LUNCH

Cardinia Community Foundation

Keynote Speakers

Outside The Locker Room
A leader in sporting club mental health education and support.

Tyson Goldsack
Former Collingwood Football Player & Assistant Coach.

- Inspiring keynote speakers
- Health and wellbeing providers, support networks, sporting clubs and community organisations hosting stalls
- FREE sausage sizzle and complimentary haircuts (limited availability)
- FREE one-month gym membership at Cardinia Life with attendance and survey completion

In partnership with
Myli - My Community Library

myli my community library

Register today and take a positive step towards better health and wellbeing.

For more information: call 03 5945 2888 or email kerry.carlyon@alignedleisure.com.au