



Community  
FOUNDATION



MAJOR PARTNER

# SONS OF THE WEST

WESTERN BULLDOGS  
TACKLING MEN'S HEALTH

**FREE PROGRAM**

## JOIN THE SONS OF THE WEST MEN'S HEALTH PROGRAM IN MAROONDAH

Presented by the Western Bulldogs Community Foundation and Maroondah City Council

**Sons of the West is a FREE and FUN men's health program**

10 WEEK health program for MEN

LEARN more about your HEALTH in a safe, inclusive space

CONNECT with new and old FRIENDS

Try new, FUN types of PHYSICAL ACTIVITY

Register by visiting [westernbulldogs.com.au/sons2021](http://westernbulldogs.com.au/sons2021)

For more information please email [foundation@westernbulldogs.com.au](mailto:foundation@westernbulldogs.com.au) or call 03 9680 6355

*Sons of the West 2021 program will run in accordance with government COVID-19 restrictions.*

*Please note, all attendees MUST register and have a ticket to attend. Places fill quickly so register now!*



### SONS OF THE WEST IS COMING TO MAROONDAH

Starting Wednesday 4 August 2021

6:30pm- 8:30pm

Heathmont Secondary College, Waters Grove, Heathmont 3235