Brimbank Men's Health Week 13-17 June 2023





An opportunity to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in the Brimbank community. Join us in the many activities and events.

Tuesday 13 June

The Sugar Workshop

Discover types of sugars that exist in our food system, linking to recommendations and foods that can be useful for exercise, but also can lead to ill health. Facilitated by Daley Nutrition.

- 10am-12noon
- Westvale Community Centre 45 Kings Road, St Albans
- https://www.trybooking.com/CHKZT

Simple Delicious Soups

Make two quick and healthy vegetarian soups. Bacon optional!

- 11.30am-12.30pm
- West Sunshine Community Centre 80 Kermeen Street,
 West Sunshine
- https://www.trybooking.com/CHKSP

Five Simple Exercises

This online campaign will guide men to do five simple exercises for emotional regulation that most men can do anytime, anywhere. One minute videos launching each day.

- Launches 13 June until 17 June
- https://brimbankyouth.com/
- 1 https://www.facebook.com/brimbankyouth/
- https://www.instagram.com/brimbankyouth/



Wednesday 14 June

Gym In The Park

Learn how to safely use the inbuilt gym equipment at Delahey Recreation Reserve. Get tips on form to avoid injury and increase strength. Light refreshments provided.

- Meet at Delahey Sports Pavilion address
- https://www.trybooking.com/CIJDR

Preschool Story Time

Don't miss this chance to bond with your little ones and learn about staying healthy together!

- (L) 10.30-11.30am
- Open Park Library, 4 Neale Rd, Deer Park

No bookings required

Sensory Modulation Workshop

Coming to your Senses. Using your body and the environment to manage your mental health.

- 2-3pm
- Brimbank Wellness & Aquatic Centre 90 Taylors Road, Keilor Downs
- https://www.trybooking.com/CIJSM

Woodwork & Connect

Connect with your child (6-12 years old) and complete a small woodworking project together.

- Westvale Community Centre Men's Shed 45 Kings Road, St Albans
- https://www.trybooking.com/CIJSV







Brimbank Men's Health Week

13-17 June 2023





Thursday 15 June

Men's Health Day Event

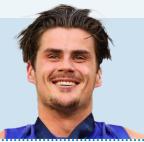
Join us in this event to celebrate Men's Health Week 2023.

- 11am-2pm
- Westvale Community Centre 45 Kings Road, St Albans
- https://www.trybooking.com/CIJWL
- Health Checks
- Hearing Checks
- Massages
- Health Information Stalls
- 15 minute Group Fitness Come & Try Session
- Council Services
- Tai Chi Demonstration

- Spinning Wheel
- CPR Lab
- Raffle
- Sausage sizzle!

Special guest **Tom Boyd**

former AFL premiership player, author and advocate for mental health



Thursday 15 June

CPR Training

As part of the Defib In Your Street project, learn to perform CPR and how to use a defibrillator.

- 6.30-8.30pm
- Westvale Community Centre 45 Kings Road St Albans

To book a spot visit

defibinyour street.org.au

Friday 16 June

Yarning Circle

What does it mean to be a man today? How are you coping with life's challenges? A safe and welcoming space to celebrate the power of being a man. Try on a different masculinity, embracing differences and uplifting those around you. Hosted by cohealth. Giveaways and light refreshments provided.

- 11am-12noon
- Sydenham Neighbourhood House Level 1, 1 Station, Community Hub Bldg, Taylors Lakes
- https://www.trybooking.com/CIKBA

Preschool Story Time

Don't miss this chance to bond with your little ones and learn about staying healthy together!

- **(** 10.30-11.30am
- Open Park Library, 4 Neale Road, Deer Park

No bookings required

Street Art Workshop

Collaborate and connect to create an artwork that will be displayed at Neighbourhood Houses.

- 12.30-3pm
- Hunt Club Community & Arts Centre 775 Ballarat Road, Deer Park
- https://www.trybooking.com/CIKBT

Saturday 17 June

Dads/Father Figures Playgroup

Make local connections. Bond with your children. Activity, song time, play time and snack time.

- 10am-12noon
- Westvale Community Centre, 45 Kings Road, St Albans
- https://www.trybooking.com/CIJVC

For any queries, please contact
Westvale Community Centre on 29249 4665





