

SONS OF THE WEST

WESTERN BULLDOGS
TACKLING MEN'S HEALTH



Community
FOUNDATION



MAJOR PARTNER

Do you want to...

- Improve your health
- Get active with experts
- Connect with your community

Join this **FREE** 10 week program run by the Western Bulldogs Community Foundation

To find out more scan the QR code OR visit westernbulldogs.com.au/sons

Wednesday evenings from 19th March in St Albans



Open to all men
OVER 18



Talk and **LEARN**
about health
issues



Get **ACTIVE**
with experts



CONNECT
with your
community



FREE health
and wellbeing
program

IMPACT THAT *inspires*



cohealth