



KYABRAM DISTRICT
HEALTH SERVICE

MEN'S HEALTH

GROUP



DID

Australian men are more likely than Australian women to get sick from serious health problems?

Men's mortality rate is also much higher?

YOU

Men seek help and visit health services less frequently than women do?

KNOW?

The main group of men who demonstrate poorer health in Australia are those living in rural and remote areas?

YOU can help change this!

Kyabram Health is calling all men who are interested in improving their health and learning about men's health specific topics. All in a fun and supported environment whilst meeting new people!

It all starts on Monday 15th May

Every Monday for 8 weeks

Cost \$4

**2pm-3pm Exercise Session run by Exercise Physiologist
Ash Watson**

**3pm-4pm Information Session on a different Men's Health
topic each week**

Fill in a self-referral form found at Kyabram District Health Service front reception. Or on our website

<http://www.kyhealth.org.au/services/allied-health>

You will require an assessment with Ash prior to starting the group.

For more information call Ash Watson Exercise Physiologist or Shani Clark Physiotherapist at Kyabram Health on 5857 0200.