

BETTER BLOKES

Being better for your family, being better for yourself

What is BETTER BLOKES?

FREE

Six Session Program

Monday Nights

Starting 20th July

6:00pm to 8:00pm

Community Rehabilitation Centre,
Swan Hill District Health, Splatt Street

Food will be provided at each session, great guest speakers talking about what you want to hear about and plenty of physical activity options to try out!

BLOKES ONLY! Come and try it out:

- Boxing
- Circuit Training
- Fitness Checks
- Weights Training
- Much More

Are You:

- Male?
- Between 30 and 60 years of age?
- Needing a nudge to get healthier?
- Looking for ways to beat the bulge?

Then this program is for you!

Register for the next Better Blokes program

health.promotion@shdh.org.au

Phone: 03 5033 9337



**Swan Hill
District Health**
my hospital