

# Brimbank Men's Health Week

## 13 - 17 June 2023

No  
Charge

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/>

📘 <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.

🕒 10am-12noon

📍 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!

🕒 10.30-11.30am

📍 Deer 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.

🕒 6-7.30pm

📍 Westvale Community Centre Men's Shed  
45 Kings Road, St Albans

🌐 <https://www.trybooking.com/CIJSV>

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### 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

🌐 [defibinyourstreet.org.au](https://defibinyourstreet.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

📍 Deer 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 📞 9249 4665