



SONS OF THE WEST

WESTERN BULLDOGS
TACKLING MEN'S HEALTH

GOLDEN PLAINS SHIRE 2017 PREMIERSHIP SEASON PROGRAM SCHEDULE



Smythesdale

DATE	SESSION	VENUE	TIME
Tue 23 May	Welcome to the Club <i>with the Sons of the West team</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 30 May	Man Therapy <i>with beyondblue and the SOTW Provisional Psychologist</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 6 Jun	Between the Goal Posts <i>with the SOTW Provisional Psychologist</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 13 Jun	Know Your Team <i>with the SOTW Provisional Psychologist</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 20 Jun	Setting the Pace - Heart Health <i>with Heart Foundation</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 27 Jun	Time to Test <i>with the EJ Whitten Foundation</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 4 Jul	Let's Talk Food <i>with the SOTW Dietitian and Diabetes Victoria</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 11 Jul	Live Smarter in the Kitchen - Cooking Masterclass <i>with the SOTW Dietitian</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 18 Jul	More Than a Game - Understanding Addiction <i>with Gambler's Help</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm
Tue 25 Jul	Change Makers <i>with Nirodah and White Ribbon Australia</i>	Woody Yaloak Recreation Facility	7pm – 8pm
	Get Active	Woody Yaloak Recreation Facility	8pm – 9pm

Guest Speaker Session

Fitness Session

Woody Yaloak Recreation Facility
55 Heales Street, Smythesdale 3351

For more information call (03) 9680 6355 or contact info@sonsofthewest.org.au
Check sonsofthewest.org.au for any schedule changes and updates.
Please note, some changes may occur to venues and dates to accommodate any unforeseen circumstances or if additional learning opportunities are identified.

