



FREE & FUN MEN'S HEALTH PROGRAM



WELCOME

chào mừng

ကြိုဆိုပါတယ်

स्वागतम्

欢迎

أَهْلًا وَسَهْلًا



10 WEEK
health program



Talk and **LEARN**
about your **HEALTH**



CONNECT with new
and old friends



Get **ACTIVE**



Open to
ALL ADULT MEN

Sons of the West runs in locations all across the West.

For more information and to express your interest to join the program visit
westernbulldogs.com.au/foundation/programs/sons-of-the-west

The Sons of the West is an inclusive and diverse program. People who are culturally diverse, Aboriginal and/or Torres-Strait Islander or identify as a man are encouraged to attend.



**Scan to express
your interest**

[WESTERNBULLDOGS.COM.AU/FOUNDATION](https://westernbulldogs.com.au/foundation)

WBFCfoundation

WATERGARDENS



cohealth
care for all

