

Western Bulldogs   
**Community Foundation**



**Looking to  
improve  
your  
health &  
connect?**



MAJOR PARTNER



# Sons of The West

## Do you want to...

- ✓ Improve your health
- ✓ Get moving
- ✓ Meet new people

Join this **FREE** 10 week program run by the Western Bulldogs Community Foundation.



Tuesday mornings from 21st of April in Wendouree.  
Wednesday evenings from 22nd of April in Sebastopol.



Open to all men  
**OVER 18.**



Talk & **LEARN** about  
health issues.



Get **ACTIVE** with  
experts.



**CONNECT** with your  
community.

## REGISTER TODAY!

Scan the QR code or visit:

[westernbulldogscommunityfoundation.org.au/son-of-west/](http://westernbulldogscommunityfoundation.org.au/son-of-west/)

 0458 012 903



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