



# SONS OF THE WEST

WESTERN BULLDOGS  
TACKLING MEN'S HEALTH

WELCOME

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**FREE PROGRAM**

## THE SONS OF THE WEST PROGRAM IS BACK IN MARCH 2021

Sons of the West is a **FREE** and **FUN** men's health program

10 WEEK health program for MEN

LEARN more about your HEALTH in a safe, inclusive space

CONNECT with new and old FRIENDS

Try FUN types of PHYSICAL ACTIVITY

**You can choose to participate online OR face to face (locations below).**

**Due to COVID-19 restrictions, all participants MUST have registered via Eventbrite prior to attending.**

**Register now at [www.westernbulldogs.com.au/sonsofthewest](http://www.westernbulldogs.com.au/sonsofthewest)**

**For more information please email [info@sonsofthewest.com.au](mailto:info@sonsofthewest.com.au) or phone 03 9680 6355**

*Please note, the Sons of the West 2021 program will run in accordance with government COVID-19 restrictions, which may include small group sizes or online options.*

### LOCATION

Starting Wednesday evenings from 17th March  
in Sebastapol



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

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**WATERGARDENS**