

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

- LEARN more about your HEALTH in a safe, inclusive space
- Make FRIENDS for life
- Try FUN new types of PHYSICAL ACTIVITY

To register for Sons of the West please visit **sonsofthewest.org.au** 

For more information please email info@sonsofthewest.com.au, phone 03 9680 6355 or visit sonsofthewest.org.au



#### Newport

Tuesday evenings, 7pm to 9pm Commencing April 30, 2019 **Newport Community Hub** 13 Mason Street, Newport 3015

#### Laverton

Thursday evenings, 7pm to 9pm Commencing May 2, 2019 **Laverton Community Hub** 95 Railway Avenue, Laverton 3028









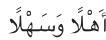






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## Locations

#### **Ballarat**

Suburb	Day/time	Commencing	Address
Wendouree	Mon 7pm-9pm	29th April 2019	Webbcona Bowls Club 996 Grevillea Road, Wendouree 3355
Sebastopol	Wed 7pm-9pm	1st May 2019	Phoenix P-12 Community College - Sebastopol Campus Hertford Street, Sebastopol 3356

#### **Brimbank**

Suburb Day/time Commencing Address	St Albans	Wed 6 30nm-8 30n	m 1st May 2019	St Albans Community Centre 309C Main Road F. St Albans 3021
	Suburb	Day/time	Commencing	Address

#### **Hobsons Bay**

Suburb	Day/time	Commencing	Address
Newport	Tue 7pm-9pm	30th April 2019	Newport Community Hub 13 Mason Street, Newport 3015
Laverton	Thu 7pm-9pm	2nd May 2019	Laverton Community Hub 95 Railway Avenue, Laverton 3028

#### **Maribyrnong**

Suburb	Day/time	Commencing	Address
West Footscray	Tue 7pm-9pm	30th April 2019	RecWest Footscray Cnr of Essex & Market Street, West Footscray 3012
Braybrook	Wed 6pm-8pm	1st May 2019	RecWest Braybrook 39 Lily Street, Braybrook 3019

### Maryborough

Suburb	Day/time	Commencing	Address
Maryborough	Wed 6.30pm-8.30pm	1st May 2019	Maryborough Education Centre Gym 102–192 Balaclava Road, Maryborough 3465

#### Melton

Suburb	Day/time	Commencing	Address
Taylors Hill	Tue 7pm-9pm	30th April 2019	Taylors Hill Community Centre 121 Calder Park Drive, Taylors Hill 3037
Melton West	Thu 4.30pm-6.30pm	2nd May 2019	Arnolds Creek Community Centre 19 Claret Ash Boulevard, Melton West 3337
Melton West	Thu 7pm-9pm	2nd May 2019	Arnolds Creek Community Centre 19 Claret Ash Boulevard, Melton West 3337

#### Sunbury

Suburb	Day/time	Commencing	Address
Sunbury	Thu 7pm-9pm	2nd May 2019	Goonawarra Primary School 3–6 Gullane Drive, Sunbury 3429

#### **Wyndham**

Suburb	Day/time	Commencing	Address
Werribee	Tue 4.30pm-6.30pm	30th April 2019	Eagle Stadium 35 Ballan Road, Werribee 3030
Werribee	Tue 7pm-9pm	30th April 2019	Eagle Stadium 35 Ballan Road, Werribee 3030











