



wellmale

men's health & wellbeing program

Saturday March 24 9.30 am – 4.30 pm
Forum One, 1st Floor, Hyde Park Inn Hotel, 271 Elizabeth Street Sydney

Be a part of this exciting new men's health and wellbeing program created by leading men's health consultant and author Greg Millan. Learn more about how you can improve and maintain good health and lead a longer and more enriched life. You will discover through information provided and discussion based on shared experiences how to:

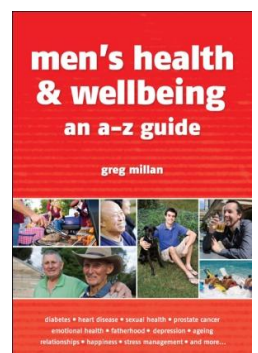
- look after your health and wellbeing more effectively with the right information
- communicate better with your friends, family and partners
- stress less, relax more and manage difficult emotions when they arise
- have a healthy and satisfying sex life
- manage changes in your life and deal better with work/life balance
- build a personal long term health maintenance plan

wellmale provides you with an opportunity to gain insights into the issues and challenges common to all men around masculinity, relationships, emotions, sex, intimacy and much more. The program is provided in a strengths based model that addresses the key factors in our world that affect male health and wellbeing. Open to men of all ages and backgrounds.

ABOUT THE PRESENTER

Greg Millan is a social work trained health educator with over 23 years experience in the men's health promotion area developing and implementing many workshop programs, community events and resources covering a wide range of male health and wellbeing issues. He has worked for Government, Non-government organisations and in the private sector.

Greg is an Executive Member of the Australasian Men's Health Forum Inc., Australia's peak body implementing a social approach to male health and a Member of the Board of Advisors of the Men's Health Network USA. He produces **emale** Australia's largest circulation free national monthly men's health and wellbeing ebulletin and is the author of "**Men's health & wellbeing: an a-z guide**".



COST

\$230 for one day program which includes morning, afternoon tea and lunch and a copy of "**Men's health & wellbeing: an a – z guide**" (Value \$35) plus follow up support which includes a monthly copy of **emale**
EARLY BIRD RATE OF \$200 IF PAID BY MARCH 2.

Greg Millan, Men's Health Consultant

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