



Port Phillip Men's  
Shed Association Inc



# What Every Man Should Know Men's Health Awareness Forum



**When:**  
9.30am to 1.00pm  
Saturday 1 April

**Where:**  
Southport Uniting Church  
317 – 329 Dorcas Street  
South Melbourne  
(office building on right hand side)

**Program:**

9.30	Bowel cancer; how to identify and treat it
10.15	Prostate cancer; why be concerned about it. What to do?
11.00	Morning tea
11.30	Depression. Who is affected? Can it be treated?
12.15	Your health and diet. What to eat and drink
1.00	Healthy Lunch

- **Free health checks are available throughout the morning.**
- **Come to any or all sessions.**
- **Parking at South Melbourne Market rooftop or surrounding streets (please be aware of parking time limits)**

**BOOKINGS** by March 29 to Don:  
**Mobile:** 0438 001 721  
**Email:** donalrd@bigpond.com



**Australian Men's Shed Association**  
SHOULDER TO SHOULDER

