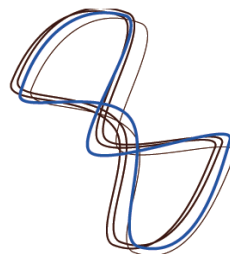


Blokes get together.

Friday 4 December 2009.

Bring your father, mate or son along.....

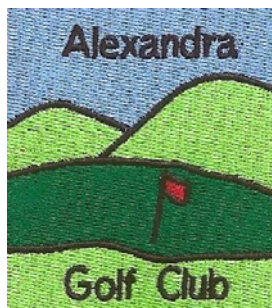
This event is proudly
brought to you by:



MITCHELL
Community Health

*Supporting health and wellbeing in the communities
of Mitchell and Murrindindi*

And is supported by:



Puckapunyal & District
Neighbourhood Centre Inc



Registrations for the 4 December Men's Day

Blokes get together golf day can be:

Posted to: PO Box 84 Broadford Vic 3658

Faxed to: 5784 3314

Emailed to: briank@mitchellchs.org.au

Dropped in at: 72 Ferguson Street Broadford, or, you
can telephone your RSVP to us on: 5784 5555



*Photographs to record this event will be taken on the day by
representatives of Mitchell Community Health Service. Such images will
be used in MCHS publications and in media releases to promote the
services of MCHS and future events. Names will not be published with
photographs.*



MITCHELL
Community Health

Men's Day

Blokes get together



Friday 4 December 2009

An opportunity

This day has been organised as a chance for men affected in any way by the Black Saturday bushfires to have a catch up over a game of golf.

Any man connected in any way with the bushfires is encouraged to come along.

This includes fire survivors, all emergency services personnel, resident or non resident of any age.

Bring your father, mate or son along for the day: it's free.

Never played golf? Don't worry, golfing experience is not necessary, although, you will need to BYO some clubs.

The day

Meet and greet at the Alexandra Golf Club **8.30am**

Assemble for shotgun start 18 holes (Ambrose style 4 people per team) **9.00am**

Lunch **1.00pm**

Speakers **2.00pm**

Finish **3.45pm**

Some more information:

MC - David Atkinson, Triangle Area Coordinator, Mitchell Community Health Service. Guest speakers:

Tony McHugh – Manager/Senior Psychologist Austin Health Centre For Trauma Related Mental Health. Tony has worked with Vietnam Veterans and Police dealing with Post Traumatic Stress Disorder (PTSD) and is currently working with Counsellors and Bushfire Case Managers.

Ian Liddell. Ian has many years' experience as a financial counsellor and he is going to talk about what financial counsellors do for bushfire recovery and you.

There will also be lots of opportunities for you to ask questions.

Registration Form

So we can cater for everyone who wants to come along, please RSVP to Mitchell Community Health no later than Monday 30 November 2009. You can do this by:

- Completing this form and posting or faxing it
- Sending an email to: briank@mitchellchs.org.au
- Giving us a call: 5784 5555

Post to: PO Box 84 Broadford Vic 3658

Fax to: 5784 3314

First Name: _____

Last Name: _____

Contact phone #: _____

Organisation (if applicable): _____

Have you played golf before? Yes No

Do you have any dietary requirements?

Do you have any food allergies?

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Signature: _____

Date: _____

