

# Bentmoor Men's Shed & Partners

Present:

## *Positive Pathways* *Mental Health/Wellbeing Matters 2017*

### **FREE INFORMATION SESSION**

**Date:** Thursday 23rd March

**Time:** Speakers from 6:30pm - 9:00pm      **Free BBQ (from 5:30pm)**

**Where:** **Bentleigh Secondary College – Performing Arts Centre**  
**4 Vivien St. Bentleigh East, 3165**

**Who:** ***Men & Women of all Ages — Partners Welcome***

**Enquiries/bookings:** Connect Health & Community      ph: 9575 5303

(RSVP 20th March)



Please contact to discuss accessibility needs

## Guest Speakers



**Wayne Schwass** is one of the most highly rated performers in the AFL having played 282 AFL games with the North Melbourne Football Club & Sydney Swans. He is one of the first AFL footballers to openly speak about his battle with depression and has been involved in education programs addressing depression



**Associate Professor Craig Hased** works at the Department of General Practice & is coordinator of mindfulness programs at Monash University. His teaching, research & clinical interests include mindfulness-based stress management, mind-body medicine, meditation, integrative medicine & medical ethics



**David Ross-Smith** is a musician, pianist and teacher. He organises fundraising concerts for Uniting AgeWell's Music for David. This music program which supports people with dementia and their carers is in memory of his late partner The Reverend David Hodges AM.

**Stall holders from local services, plus Q & A panel**

