



Sons of the West's Adam Demirtel (centre) with participants Barry Burbridge and Mario Mangion. Picture: KYLIE ELSE

SUNBURY

Get on the ball for a healthy outlook

PRE-SEASON has begun for a new program that aims to re-engage men with exercise and physical and mental health in Sunbury.

Sons of the West, run by the Western Bulldogs Football Club, works with municipalities and community health providers across six councils and 13 locations.

The latest project starts on February 16 at Goonawarra Primary School Gym, with Sunbury Community Health Service the local partner.

Western Bulldogs Community Foundation community health and wellbeing manager, David Pickering-Gummer, said the program changed lives.

"We aim the program at marginalised and disadvantaged men who we aim to get back on track," he said.

"While it is really at the long-term level where we see change, we have had men say this program has saved my life, saved my family or saved my job."

Two stages are offered to

participants each year. The program is free to all men from the age of 18 up.

Details: Every Thursday from February 16 to April 20, 7-8.30pm, at Goonawarra Primary School, 3-6 Gullane Drive, Sunbury. Visit: sunburychc.org.au/events/