



Cade Ringin, Barry Burbridge, John Lilly, Vince Allen and Mario Mangiom holding instructor Adam Demirtel. (Dennis Manktelow)

Good for Sunbury sons

Men's health is on the agenda as Sunbury Community Health launches its new Sons of the West program.

The free program, run by the Western Bulldogs across the western suburbs since 2013, will kick off on February 16 for the first time in Sunbury.

Sons of the West promotes healthy lifestyles and aims to prevent disease in men through workshops, activities and information sessions.

The "pre-season" sessions will run every Thursday for 10 weeks at Goonawarra Primary School hall, to be followed by a 10-week "main season" program that will include workshops on broader health and wellbeing issues.

Exercise physiologist Adam Demirtel, who will facilitate the pre-season sessions, says

he is excited about bringing the program to Sunbury.

"The Western Bulldogs have had great success with the program," he said. "I've seen a need in Sunbury for male-focussed health programs to help men with their general health and help them become more aware about seeing a GP regularly, looking after their eating and exercising."

Men don't need to register or book and are being encouraged to turn up with a water bottle and wearing comfortable clothes to exercise in.

The program will run until April 20 every Thursday from 7-8.30pm. Details: www.sunburychc.org.au/events or 9744 4455

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