



Sunbury Lodge's Ross Martin, far left, and Neil Addison, far right, with Adam Demirtel of Sunbury Community Health and Lorin Williams of Bunnings. Picture: JOSIE HAYDEN

SUNBURY

Health, brekkie for blokes

TRADEES and other working men are invited to for a brekkie geared at getting them to tune into their health and wellbeing.

The inaugural Men's Health Week Tradie Breakfast this Thursday represents a partnership between Sunbury Lodge, Freemasons Victoria and Sunbury Community Health.

Sunbury Lodge secretary

Neil Addison said his organisation was determined to take a lead in an area finally getting the attention it needed.

"I think health and mental health is something which a lot of men don't spend a lot of time on," he said.

The breakfast will include members of a number of Sunbury-based organisations. There will also be a demonstration in

warm-up exercises and other tips on working and living more healthily and safely.

Sunbury Lodge has committed to make the breakfast at the Tradie Desk at Bunnings, Sunbury, an annual event.

It's on this Thursday, from 7.30-9am.

Men's Health Week events from June 12 to 18 are occurring throughout the country.