



JUSTIN O'BRIEN, BREA REDMAN-SMITH AND PHILLIP RIPER

Movember moves men

Men, and women, are doing their bit at Sunbury Community Health for men's health month, now known as Movember.

Diabetes educator Brea Redman-Smith has urged people to get involved in one of the many men's events the clinic is hosting this month.

These include a men's-only diabetes course on November 10, 17 and 24 to inform those who have, or are at risk of, diabetes about the importance of exercise, nutrition and foot care.

Men are also invited to a barbecue and social health discussion on November 18.

Justin O'Brien, of Boilover Theatre Company, is a regular to the men's clinic and first on board to grow out his moustache for this month's

campaign to highlight men's health challenges and the importance of check-ups.

"It will be light-hearted and fun, even though the issues that we're discussing can be quite serious," Ms Redman-Smith said. "Talking about men's health, and particularly getting men talking about their own health, is significantly important."

Workshops and discussions will cover all aspects of men's health, including alcohol consumption, healthy living, check-ups and respect for women.

Details: 9744 9565

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