

Mackay Men's News

Relationships Australia

June 2015

*You have enemies? Good! That means
you've stood up for something
in your life sometime.*
Winston Churchill.

Men's Health Week Promotional Event

Dr Jeremy Abrahams will be speaking at the Iona West Men's Breakfast on Saturday 6th June to raise awareness of health priorities and the importance of regular check-ups.

Qld Health & Hearing Australia will also be attending to promote bowel cancer screening and hearing testing.

All men are welcome at the breakfast. It starts at 7:30am and includes a cooked brekky, positive male interaction, health information, and only costs \$5 plus your time. The men's shed will be open afterwards for those wanting to stay on.

Men's Shed Network



Leanne Jones has commenced working for Relationships Australia in the Gambling Help Service. Leanne is hoping to start a newsletter for local men's issues and updates from all the men's sheds in the region from Sarina to Bowen.

6 Sure Signs of a Healthy Relationship (Theresa E Didonato Ph.D)

1. People in thriving relationships take on their partner's habits, interests, and mannerisms.
2. In thriving relationships, partners support each others' opportunities for growth.
3. Couples in thriving relationships share their emotions.
4. Partners in thriving relationships engage in frequent non-sexual touch.
5. Individuals in thriving relationships pay less attention to other attractive people.
6. In thriving relationships, couples see the positive sides of commitment.

For information on the contents of this flyer contact ;Mike Fry at Relationships Australia.

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"Looks like you're going to live to a ripe old age."

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