



# Media Release

19 August 2019

## **Men's health on the agenda in October**

Men's health is on the agenda in Cockburn this October with the local Men's Shed to host the Cockburn Men's Health and Wellbeing Day on October 9.

The day will include free health checks by Curtin University Nursing students and hearing checks by Telethon Speech and Hearing.

Participants can take a spin on the smoothie bike to make their own refreshment, join in the activities or just relax and listen to the musical entertainment set by folk pop acoustic soloist Adrian Wilson.

There will be more than 30 stallholders at the event with the Cancer Council offering information, resources and services relevant to men. Bladder and Bowel Health Australia, Hepatitis WA and Injury Matters will also be there.

In WA, men are over-represented in suicide rates, cancer, Type 2 diabetes, heart disease, lung disease and stroke and are less likely than women to seek health advice.

Cockburn Community Men's Shed coordinator Mike Murphy said men tended to talk 'shoulder to shoulder' rather than face to face.

"The mental and physical wellbeing of men is the primary reason for this and other sheds, so please come along and support this initiative from the City of Cockburn," Mr Murphy said.

The main prize draw will be a signed and framed Dockers team poster.

The free event will be held from 10am to 2pm at the Cockburn Community Men's Shed at 2 Sullivan Street in Cockburn Central West.

ENDS



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