

CELEBRATING  
*men's health*  
WEEK 2022

## A HEALTH EVENT FOR BLOKES OVER 50

**Friday 24 June 2022, 10am to 3pm**

**Jack Young Centre**

2 Orange Avenue, Salisbury

**COST: \$10 (bookings essential)**

Join us for a delicious light lunch,  
men's health information, health checks,  
guest speakers, fun activities and door prizes.

**PLUS**  
**entertainment from**

**The Three Amigos**

*Three 'Old Troubadours' bringing a  
mixture of songs through the decades*



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### PLEASE NOTE:

Bookings are essential for this event.  
To secure your seat please call:

**8406 8525**

For more information visit:

**[www.salisbury.sa.gov.au/menshealth](http://www.salisbury.sa.gov.au/menshealth)**



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## A FUN & INTERACTIVE HEALTH EVENT FOR BLOKES OVER 50

**FRIDAY 24 JUNE 2022**





## Derrick McManus

### ***Take your Personal Performance Beyond Resilience to Human Durability***

*Shot 14 times – in less than 5 seconds.*

*Massive injuries and massive bleeding.*

*Lying on the ground for 3 hours before rescue.*

*Two years later returned to full duties.*

*Derrick's history epitomizes Human Durability.*

Derrick was a sniper, recovery diver and counter-terrorist operative with the elite SA Police STAR Group. He knows what it takes to sustain an optimal performance at the highest levels; physically, mentally and emotionally.

If you have ever felt like you could do more than you currently are but just not sure how to get there; if you ever wondered how you are going to get through the next set of challenges ... this is the presentation for you.

Human Durability is about going beyond resilience to sustaining optimal performance in the most demanding circumstances whether that it's professional, personally, sporting, family or community life.



## Professor Gary Wittert

### ***"Let's be Frank": Men's Health Above and Below the Belt and Managing Your GP***

Professor Gary Wittert is the Director of the Freemasons Centre for Male Health & Wellbeing (est. 2007) at the University of Adelaide and South Australian Health and Medical Research Institute. As an endocrinologist his clinical and research interests, spanning more than 25 years, relate to obesity and chronic disease prevention in men.

Gary practices and advocates strongly for more holistic approaches to improve men's health and the optimisation of health services that better meets men's needs and preferences for greater uptake and outcomes.

He also leads the MAILES healthy male aging study involving more than 2,500 men from the northern and western suburbs of Adelaide, and he led the development of the Get Involved Reach Top Health program, a 12 week healthy lifestyle community peer group program for men, and run by men, which will be introduced during his presentation.

# THE DAY AHEAD

**10am** Interactive fun and activities including 8 ball, darts, woodburning, Virtual Reality and more. Men's health checks and info booths will be available. PLUS music from the 'The Three Amigos'.

***Please arrive at the centre by 10.15am for your chance to win fantastic door prizes.***

**11am** Professor Gary Wittert - Men's Health & GIRTH program (Get Involved Reach Top Health)

**12noon** Lunch - Interactive fun and music

**1pm** Derrick McManus - 'Resilience'

**2pm** The fun continues!

**Please note:** Masks are required at this senior centre venue. Please avoid attending face-to-face events if you feel unwell, or have COVID symptoms.