

HEALTH IN MEN PROGRAM Toolbox Meetings 2009

Robson Lecture Theatre
Eleanor Harrald Building
Fridays 12 – 12.45pm

April 3: 'Knowing yourself inside and out' National Bowel Cancer Screening Program and other common bowel problems

Guest speakers: Kathy Pietris, National Bowel Cancer Screening Program & Dr Matthew Lawrence, RAH Surgical Consultant

May 22: Men, Healthy Eating and Food Labels

Guest speaker: Julee Hawthorn, Nutritionist, RAH Health Promotion

July 3: Exercise for Mature Men

Guest speaker: Exercise Physiologist, CPAA

August 14: Nuts & Bolts of the Prostate

Guest speaker: Prof Willis Marshall, Clinical Director Surgical Specialties RAH

September 18: 'Good sleep, bad sleep, no sleep?' Everything you need to know about sleep and sleep problems but were too tired to ask.

Guest speaker: Dr Andrew Thornton, Hospital Scientist, Thoracic Medicine RAH

October 30: Health-Checks and Self-Checks, prevention in practice

Guest speaker: Barbara Putz, Working Health Coordinator, RAH Health Promotion

Sponsored by Pfizer

Light refreshments included

For more information or to book your place

Royal Adelaide Hospital – Health Promotion Unit
Central Northern Adelaide Health Service
North Terrace
Adelaide SA 5000
Telephone: 8222 5193

