



## Breakfast Supporting Men's Health

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I'm looking forward (as I'm sure you are) to our next men's breakfast.

It is a great fellowship time to catch up with all the news and a few laughs as well.

Bring a mate along.

Cooks start at 6.30am with the men to arrive at 7.45am to start at 8am.

I will introduce ourselves and have a bit of a spiel on men's health, then we can get the men up to get their meal one table at a time.

Think of one question to put in the bucket for the Question and Answer section.

There will also be a guest speaker



**Saturday 4th August 2018**

For catering purposes please ring the Office on 3393 5708 or email [office@wmyc.com.au](mailto:office@wmyc.com.au) and advise if you are attending.



**Phillip Llewellyn—WMYC Marina Manager**

Demonstration on the Defibrillator and Emergency procedures

**Dr John Carney**

Why is it so segment



Don't forget to bring along your question to put in the bucket



If you would like to help on the cooking team, and give one of the team a break so he can come to the breakfast without cooking and enjoy the pre fellowship more, please let me know, we are so organised that the cooking is fun not hard!!