



CHEW THE FAT night

Grab a feed, drink some beer
and catch up with mates.

Poor mental health is like cancer. Ignoring it can be fatal



If you had a broken leg, you get help, you'd be honest with your doctor about your leg and you'd be looked after. We need to get to a point in Australia where if we are struggling with our mind, we seek and get that same help.

Come and listen to our speakers -a couple of typical Aussie blokes hit by huge personal life challenges.

- Hear their confronting stories
- Learn how they overcame their personal challenges

Come enjoy some good food. drink beers and learn how we can help ourselves and others better confront health issues of the mind.



FREE pig on the spit

BYO CHAIR



Find out more at:

saveourmates.com.au

Got questions?

Anthony 0419 188 208

Gavin 0428 811 407

FRIDAY 12 APRIL @ 7pm

The **KAPUNDA**
HARNESS RACING SHED

41 HANCOCK ROAD, KAPUNDA | NO NEED TO BOOK