



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

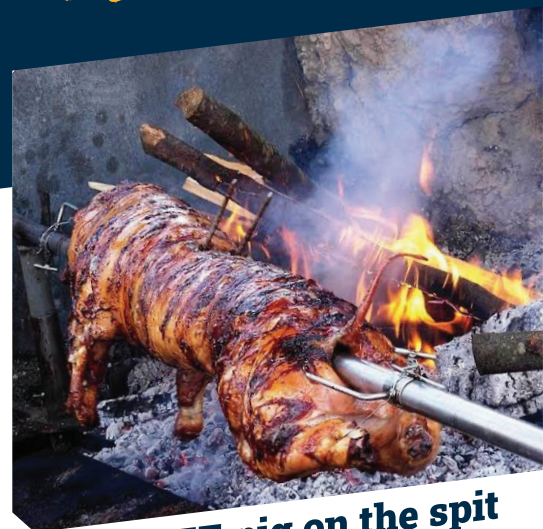


If you had a broken leg, you get help, you'd be honest with your doctor about your leg and you'd be looked after. We need to get to a point in Australia where if we are struggling with our mind, we seek and get that same help.

Come and listen to Scott McBain and Mark Cunningham. Two typical Aussie blokes hit by huge personal life challenges.

- Hear their confronting story
- 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

FRI 15 JULY @ 7pm

The **FALLAND SHED**

110 Moppa Rd South, Nuriootpa | NO NEED TO BOOK

OTHER NIGHTS:

**FRI 19 AUG
OWEN**

The
**WEDDING
SHED**

603 Pinery Road

**FRI 16 SEPT
CUNLIFFE**

The
**SCHILLING
SHED**

528 Copper Hill Road

**FRI 21 OCT
CLARE**

The
**GOGOLL
SHED**

6110 Horrocks Road



Find out more at:
saveourmates.com.au

Got questions?
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