

# HEY GUYS! THE STEAMERS TAKE THEIR HEALTH SERIOUSLY. SO SHOULD YOU.

If you want to be more active, eat better, stop smoking, understand diabetes and risks, find out about 'green prescription' or know that your heart is in good shape, then join us at your local rugby club for a Men's Health Evening.

You'll hear a Steamers' Player talk about the team's focus on fitness & health, and you'll then hear from expert speakers on men's health and wellness. There's food and merchandise giveaways – plus the chance to mix & mingle, ask questions and undertake some simple health tests.

## DON'T BURY YOUR HEAD IN THE SAND WHEN IT COMES TO YOUR HEALTH!

Join us from 7.30–9.30pm at these venues:

- 15 July, Opotiki ..... Opotiki Rugby Club
- 22 July, Murupara ..... Murupara Rugby Club
- 29 July, Kawerau ..... Kawerau Rugby Club
- 5 August, Whakatane ..... Paroa Rugby Club
- 12 August, Tauranga ..... Tauranga Sports Rugby Club
- 26 August, Te Puke ..... Rangiuru Rugby Club
- 9 September, Katikati ..... Katikati Rugby Club
- 16 September, Tauranga ..... Rangataua Rugby Club

Organised in conjunction with Bay of Plenty District Health Board

