

Are you up for the Challenge?

## Veterans' Health Week



*It's never too late to start early....*

*Come on, get involved!*

Fun activities all week - try some out.

**Veterans Health Week 2009**

**24<sup>th</sup> to 31<sup>st</sup> August**

Get physical! Stay physical! Stay healthy!

*Register at Southport VAN Office by 14<sup>th</sup> August*

*Try 3 or more activities to earn your reward package*

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SOUTHPORT QLD 4215

Telephone: (07) 5630 0203  
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STD-Free Call: 1300 55 1918

**VETERANS HEALTH WEEK**  
24<sup>th</sup> to 30<sup>th</sup> August 2009

**The Vet's Challenge PROGRAM**

MONDAY 24 <sup>TH</sup>	TUESDAY 25 <sup>TH</sup>	WEDNESDAY 26 <sup>TH</sup>	THURSDAY 27 <sup>TH</sup>	FRIDAY 28 <sup>TH</sup>
<p><b>Labrador Mens Shed</b> 11am – 2pm Woodturning Demo/ meet &amp; greet Launch your Veterans Health Challenge by meeting other participants and checking out the new Mens Shed. See the various activities that will be available at the Shed.</p>	<p><b>Mudgeeraba Day Club</b> 10am – 2pm (Coordinator: Steve Boyle) Come and see Mudgeeraba RSL Sub-Branch in action – try a seated exercise session, enjoy the social atmosphere, &amp; hear “Medi-wise”: learn how your medicines work &amp; how they can interact with different foods.</p>	<p><b>Fun-Fit &amp; Picnic</b> 9am – 1pm (Partners of Veterans) Fun morning in the park at Broadbeach, kicked off with some fun exercise before we stop for refreshments.</p>	<p><b>Walk the Beach</b> 8am – 10am Meet at Burleigh Heads &amp; enjoy the rock-to-rock walk. Stay for a coffee with new friends and old you meet along the way.</p>	<p><b>Floggers Golf Group: “Caddy’s Day”</b> Boomerang Farm Golf Course 7.45am-11am: 9 holes of golf (\$12) or Caddy a Veteran! (FREE) 10.30am-1.30pm: Sausage Sizzle/golf presentations. <b>Rock n Roll Jam!</b> 1.30pm: Featuring Live music played by local veterans – test out your new dance skills from Thursday night! Veterans Health Week Challenge Rewards presented</p>
<b>Other endorsed events - GC Active &amp; Healthy activities to try this week include:</b>				
<p><b>Fit &amp; Fab Over 50's</b> 9am Coombabah (\$2) <b>Heartmovers</b> 11am Coombabah (\$6) <b>Tai Chi</b> 7.15am Coolangatta (FREE) 8.30am Burleigh (FREE)</p>	<p><b>Fit &amp; Fab Over 50's</b> 9am Benowa (\$2) 2pm Paradise Pt (\$2) <b>Dr Cornish Walking Prog</b> 6am Broadbeach (FREE) 8am Palm Beach (FREE) <b>Tai Chi</b> 10am Molendinar (FREE) 8am Benowa (FREE)</p>	<p><b>Fit &amp; Fab Over 50's</b> 8am Labrador (\$2) <b>Tai Chi</b> 7am Nerang (FREE) 8am Palm Beach (FREE) 10.30am Labrador (FREE) <b>Step into Life</b> 6.15am Runaway Bay (FREE)</p>	<p><b>Dr Cornish Walking Prog</b> 7am Runaway Bay (FREE) <b>Tai Chi</b> 9am Helensvale (FREE)</p>	<p><b>Fit &amp; Fab Over 50's</b> 9am Coombabah (\$2) 10am Miami (\$2) <b>Heartmovers</b> 11am Coombabah (\$6) <b>Tai Chi</b> 8am Benowa (FREE) <b>Pilates</b> 11.30am Bundall (\$2)</p>

\*Please register your interest for any of the above activities by calling our Southport VAN staff on 07-56300203 or 1300-55 1918

**\*Detailed timetable/location information provided when you register - some activities have limited places, don't miss out!**

*\*Some GC Active & Healthy activities may be subject to change - confirmation of GCACC timetable pending for 2009-10*