

## LOCAL LIVING

# Spend time with your mates

Developing and maintaining healthy relationships was one of the key messages for this year's Men's Health Week and

that includes hanging out with your mates.

Lifestyle Warragul resident, Kevin Guiney, knows all too well the

benefits of good mates and having a laugh.

"I moved into a Lifestyle Communities village two and a half years ago after my wife passed away. I was sad and depressed and thought I can either stay in my house feeling morbid or get out and join a community."

Kevin is now part of a group of men in the village who meet every Tuesday to have a hit of table tennis and a round of pool - for fun, camaraderie and physical activity.

"I've never heard so much laughter in my whole life than what I hear on Tuesday nights, Lifestyle Warragul has given me a new lease on life, one that I never thought possible," Kevin said.

The team behind Men's Health Week believes social clubs, community groups and sports teams are some of the best ways for men to get together and share their concerns or just provide support for each other.



From left: Max Fraser and Don Graham are among a group of Lifestyle Communities Warragul Village male residents who meet every Tuesday to play pool and table tennis for the camaraderie.

Lifestyle Communities Director, Dael Perlov, understands the importance of creating an active, close-knit community that all the residents enjoy being a part of.

"Our Village in Warragul has a great sense of community to it, it really seems as though all the residents have known each other forever. They're all really happy and it's great to see that

they're enjoying their new lifestyle," he says. Men's Health Week ran between June 13 to June 19 and aimed to increase men's awareness of their own health and wellbeing.

For more information on Lifestyle Communities Villages or Lifestyle Warragul phone 1300 50 55 60 or visit the website [www.lifestylecommunities.com.au](http://www.lifestylecommunities.com.au)

• Contributed.



### Worksafe Training Centre

Your 24/7 Industrial Safety Specialists

"Committed to Excellence"

### A different approach to health and safety at work Manage work place safety for:

- Reduced Insurance premiums
- Reduced injury, damage and waste
  - Improved productivity
  - Improved workplace morale

Call us Toll Free on 1800 064 966 for a no obligation visit to your place

Our range of services and no-nonsense approach will impress you

TRAINING - WORKSHOPS - INFORMATION SESSIONS - AUDITS - INCIDENT ANALYSIS - RISK MANAGEMENT - SITE INSPECTIONS - HAZARD REPORTS

Flexible-Experienced-Professional

Check our website [www.worksafetraining.com.au](http://www.worksafetraining.com.au)

DOVER

## IN2FOOD FUNCTION ROOM

Packages to suit your needs

In2Food's stylish