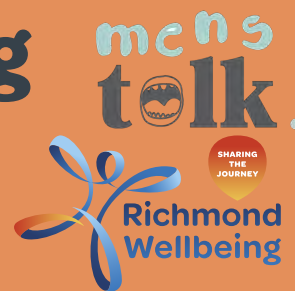


WA Men's Wellbeing Conference 2023

Together for Men's Wellbeing



Friday, June 16 Rendezvous Hotel, Scarborough

OVERVIEW

Mens Talk and Richmond Wellbeing are proud to be hosting a one-day conference focused on the wellbeing of men. The Men's Wellbeing conference will bring together experts and thought leaders from various fields to discuss topics that are essential for men to lead happy, healthy, and fulfilling lives, as part of Mens Health Week. The conference is aimed at the public, professionals and anyone who interacts with men. The day will be an opportunity to hear from some fantastic organisations that support men alongside some truly inspirational individuals sharing their story. The Men's Wellbeing conference will showcase the support that men can access in the community, as well as hearing inspiring stories that help to break the negative stigma surrounding men and their wellbeing.

The more we can do to engage men and raise awareness of support for holistic health and wellbeing, the better!

'Together for Men's Wellbeing' is the proposed theme for this conference in 2023 as we believe in a comprehensive and holistic approach to promoting men's health, and that this can only be done successfully through inter-sectorial and inter-disciplinary collaborations. The Men's Wellbeing conference will not only cover inspiring stories and practices in men's wellbeing, it will also explore how gender identity, changing social and cultural norms shape men's behaviours and their holistic health.

At the WA Men's Wellbeing Conference 2023, delegates will be able to interact and network with experts and presenters in men's wellbeing and related disciplines through keynote presentations, panel forums and workshops. We see The Men's Wellbeing conference as a platform to unite men's health and wellbeing stakeholders, providing a forum to discuss, listen, engage, debate, brainstorm and seek solutions for a better future for men's wellbeing.

SPEAKERS



Conference MC
Karen Tighe
Australian Sports
Journalist, ABC



Lindsay Hale
Deputy Commissioner,
Mental Health
Commissioner, WA



Len Yarran
Nyoongar Elder



Kim Hughes
Former Australian
Cricket Captain



Chad Harding
Sports Chaplaincy
Australia, WCE Chaplain



John Rich
Chair, WA Men's
Health & Wellbeing



Jeremy Calder
Disability Support
Worker



Cam Watkins
Physiotherapist, Move &
Breath Facilitator



Terry Melrose
Regional Men's Health
Education Coordinator



Penelope Hasking
Professor, Population
Health, Curtin
University



Paul Peacock
Bouncing Back,
Richmond Wellbeing



Adam Przytula
Director, Armed for Life



Tyson Cherrie
Neami Health
Promotion Officer



Natalie Martinovich
COO, Lifeline WA



Kathryn McGann
Mental Health Nurse, MH
Connex



James Wild
CEO, Men's Shed WA



Adrian Munro
CEO, Richmond Wellbeing



Paul Litwin
CEO, Men's Talk

AGENDA

07:00	Preconference Smoking Ceremony, Ocean Dip and Coffee
08:30	Registration and Coffee
08:55	Welcome: MC Karen Tighe Welcome to Country: Len Yarran Welcome: Steve Bidulph
09:15	Opener: Lindsay Hale
09:25	Keynote: Kim Hughes
09:55	Keynote: Chad Harding
10:25	Panel Discussion: Kim Hughes, Chad Harding
10:50	Morning Tea & Exhibition
11:15	Keynote: John Rich

11:45	Workshops: Terry Melrose: Men's Health Education Cam Watkins: Physiotherapy - Mind, body & breath Len Yarran: Aboriginal males: Prison-to-community Paul Peacock: Bouncing Back: Sport & Wellbeing
12:45	Lunch & Networking
13:45	Panel: Karen Tighe, Natalie Martinovich, Penelope Hasking, Kathryn McGann
14:45	Workshops: Adam Prztula: Armed for Life - Real men, Tyson Cherrie: Fuel your Feelings, James Wild: Men's Shed WA, Jeremy Calder: Mental Health in the Disability Sector
15:45	Conference close: Adrian Munro, Paul Litwin
16:15	Sundowner

PRICING

Early bird pricing:

\$285

(Until 19th May)

Full conference Ticket:

\$335

CONTACT

TO REGISTER, VISIT:
www.trybooking.com/CHOZZ
 or scan the QR Code



To apply for exhibitor space, please email: info@menstalk.com.au

