

Men's health matters

A capacity audience at the Peninsula Community Theatre on Wednesday 11th June was treated to an evening of quality presentations from some of Australia's biggest names in men's health and sport.

Organised by Men's Health Matters, a local group concerned with promoting good health and wellbeing for men, the presenters were led by the Governor of Victoria and world-renowned men's health expert Professor David deKretser.

He was followed by a who's who of sporting and medical celebrities including sports physician and media commentator Dr Peter Larkins, champion athlete Steve Moneghetti and football legends Robbie Flower and Simon Madden.

Providing the event with a local flavour was Mt Martha GP and men's health advocate Dr Mark Sujecki who spoke about the importance of men having regular health checks.

Actor-comedian Mark Mitchell had the 400 plus audience in stitches with Con the Fruiterer's spin on the topic of men's health.

The host for the event was respected journalist and broadcaster Tracee Hutchison. Tracee is well known for her work on the ABC's 7.30 Report and for her weekly column on the Opinion Page of Saturday's Age newspaper.

Event managers Dr John Murphy and Greg Holding were elated with the solid performances of the presenters and the overwhelmingly favourable responses from the big audience.

'It was really pleasing that so many people turned out for a mid-week, winter's evening function like this,' Dr Murphy said.

'Although the overall state of men's health in Australia is of growing concern, tonight's big turnout suggests that people in this community are interested in doing something about it,' he added.

Greg Holding, who has organised many similar functions, said that the Mornington event was by far the best in which he had been involved.

This view was echoed by Jo Fairbairn from the Prostate Cancer Foundation of Australia who praised Men's Wellbeing Matters for conducting the event.

Among the sponsors were Mornington Peninsula Community Connections, Mornington Peninsula Shire, the Prostate Cancer Foundation of Australia, BlueScope Steel, the Peninsula GP Network, Traineeship Advisory Services of Australia and Hickinbotham of Dromana.

With no time to rest on their laurels, the organisers are busily preparing for their next event which will feature 1960s pop icon and Vietnam War veteran Normie Rowe who will be speaking about some of his personal struggles after returning from active service.

The event will be held at Hickinbotham of Dromana on 11th September commencing at 6.30 pm. For further details see www.menswellbeingmatters.com.au



The Governor of Victoria Professor David deKretser and sports physician and media commentator Dr Peter Larkins waiting for their curtain call.



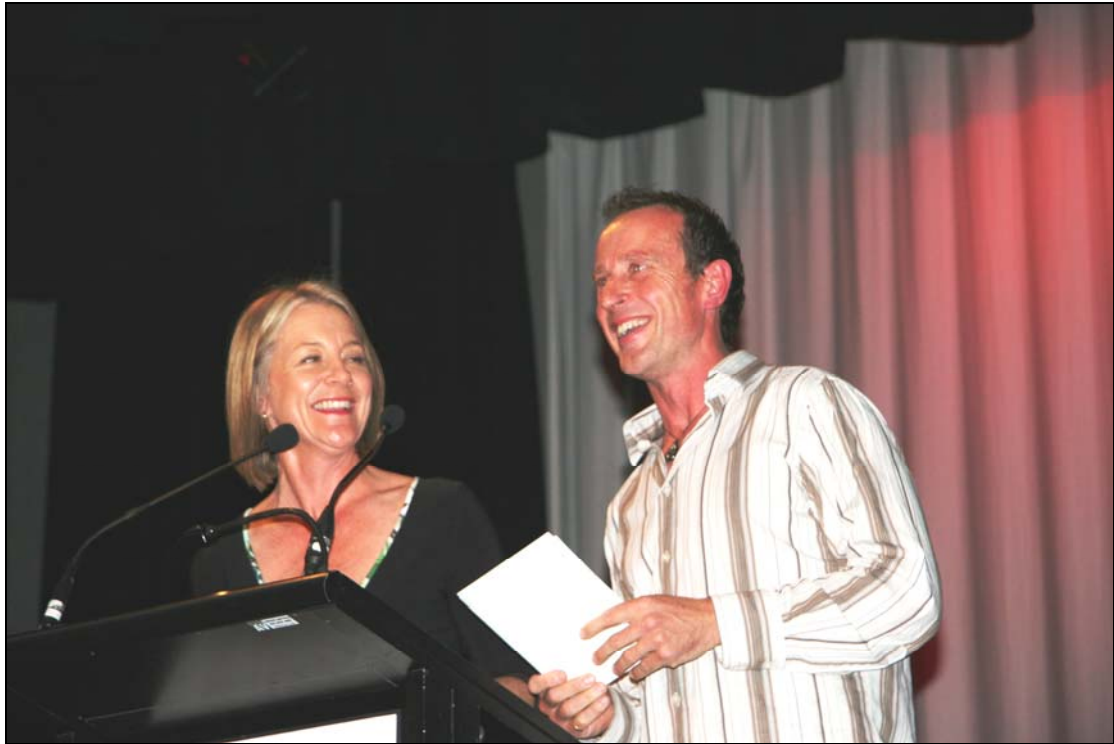
Old friends journalist and broadcaster Tracee Hutchison with Melbourne Demons legend Robbie Flower catching up before the event.



A section of the 400 plus capacity audience listens intently to the presenters' messages of good health and wellbeing.



Con the Fruiterer (alias actor-comedian Mark Mitchell) had the audience in fits of laughter with his version of what constitutes good health and wellbeing for men.



Local GP Dr Mark Sujecki with host Tracee Hutchison after Mark's presentation about the importance of having regular medical health checks.



Sports physician and media commentator Dr Peter Larkins speaking about achieving work-life balance.



Champion long-distance runner Steve Monegetti highlighted the importance of listening to the body's messages for a fit and healthy life.



In his often humorous but moving presentation, former Essendon champion ruckman Simon Madden highlighted his regret that his father who died aged 36 never saw him or his brother Justin play even one of their collective 700 plus games of AFL football.