



GET YOUR CONVERSATION ABOUT **MEN'S HEALTH** SIZZLING THIS SEPTEMBER!



HOST A PIZZA NIGHT

Gather your mates and some
takeaway pizzas ... or make your
own!



GATHER AT THE BEACH FOR A PICNIC

Invite your mates to your
favourite beach, bring some
tunes & a range of snacks



HOST A SUNDAY ROAST

Roast up a chook or lamb, add
some veg, and invite all your
best mates

FIND MORE AT: WWW.FIREUPFORMENSHEALTH.COM.AU

**FIRE
UP
FOR
MEN'S
HEALTH**

a fundraiser for
The Hospital Research
Foundation Group