

The Men's Shed Philosophy

With today's emphasis on being fit and healthy at all ages, the Men's Shed program can certainly help one to achieve this goal.

Healthy lunches are cooked and served up every Tuesday.

Outings on the bus occur regularly.

Guest speakers also come to talk on various topics throughout the year.

All Men's Shed participants are also welcome to join in any of the exercise classes on offer in our gym.

The men determine what activities they will participate in.

No membership fees.... just turn up.

Meet and greet new people.

Help reduce social isolation.

Open to ALL men.



Cobden Men's Shed

OPEN EVERY TUESDAY

Meetings are held every Tuesday.

Start time 10.00 am for those that want a game of cards or a chat.

Sign in and collect your Name Tag.

Discussion & decision making on Men's Shed issues at 11.00am.

Lunch 12.00 noon.

A \$4 lunch fee applies for Tuesdays only.

The mornings are reserved for social activities and the afternoons are for workshop activities.

And

OPEN EVERY THURSDAY 1.00 pm to 4.00pm for other project work.

There must be at least 2 people present and signed in at all times.

COBDEN DISTRICT HEALTH SERVICES INC.
(Reg. No: A0011494E)

ADMINISTRATION HOURS

9.00 AM—5.00 PM MONDAY TO FRIDAY

PH: 5595 3100

Last updated 12/04/11



Cobden Men's Shed

Hours of Operation

Tuesdays—10.00 am until 2.00 pm

Includes lunch—\$4

Thursdays—1.00 pm—4.00 pm

No fee.

Entry to Men's Shed is via Clarke Street carpark.

Fully signed.

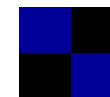
5 Victoria Street

Cobden, VIC. 3266

Phone: (03) 5595 3100

Fax: (03) 5595 3177

www.cdhs.com.au



A Snapshot of the Men's Shed

Socialising

- Day Bus Trips*
- Meeting & Lunch*
- Friendship/Company*

Self Help

- Guest Speakers*
- Activities for all abilities*
- Men's Health Promotion*

Activities

- Workshops*
- Community Jobs*
- Fund Raising*
- Gardening*