

## Working with Warriors - Book Launch

The Team at The Regional Men's Health Initiative (delivered by Wheatbelt Men's Health (Inc.)) (RMHI) is proud to announce the availability of a great new educational resource.

"WORKING WITH WARRIORS – Taking Responsibility for our Health and Wellbeing" was officially launched at the Rose & Crown in Guildford on Friday the 3rd August 2018. This book has been a work in progress over many years and was written, edited and published by the Team at RMHI.

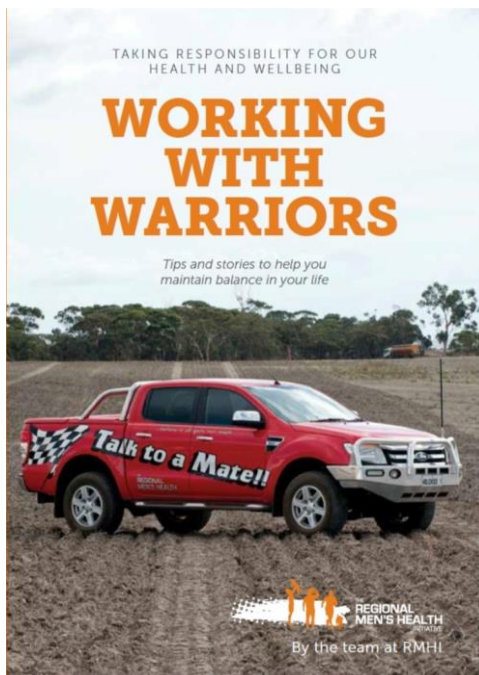
With the help of WA based printer Scott Print the book has now become a reality and is a valued addition to our unfiltered, practical and down to earth resources that we make available through our unique community driven education model. The Working with Warriors book contains tips and stories to help maintain balance in our life and reinforces our organisation's vision statement which is "empowering men and communities to take responsibility for our health and wellbeing."

Thoughtful use of humour is another important ingredient of our education model and everyone who reads the book will not miss the colourful, witty and funny cartoons that compliment the articles in a seamless fashion. These cartoons were created by another local West Aussie, cartoonist Mick Horne.

One of the highlights of the day was our Guest Speaker, Dr David Parkin (didn't we make him earn his keep). David endorsed the book through a wonderfully written Forward; entertained, enlightened and motivated the audience as our Guest Speaker; and finally unveiled our book while making himself available for signatures and photos for all the die-hard footy fans.

Working with Warriors is broken into three sections: Physical, Mental and Social Spiritual Wellbeing as well as a useful Routine Service Manual in the centrefold, which encourages us blokes to take a more active role in our health and wellbeing.

The Working with Warriors book will be available to any community member in regional, rural and remote Western Australia who attends one of our education sessions. It has a RRP of \$15 for those individuals, organisations or workplaces who may like to purchase a copy outright. For further enquiries please contact the office on the details below.



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