

Media Release



The Working with Warriors® Podcast is being launched on Friday the 19th of June as part of Men's Health Week 2020. These podcast episodes are based on conversations around men's wellbeing and health from our Working with Warriors® education sessions. The Team at Regional Men's Health will host, participate, and produce the podcasts, occasionally having guests for specific topical issues.

Our vision is to empower men and communities to take responsibility for our wellbeing and health. We promote the requirement that it is important for all blokes to know and understand the story behind our identity and what it is that makes us an individual. Mateship, empathy, and appropriate use of humour is the key to connectedness in all the work we do. I hope you enjoy the podcasts and remember our slogan... before it all gets too much...Talk to a Mate!!®.

These podcasts are not medical advice. They are conversations aiming to equip everyone with knowledge to better understand some of the logic that underpins masculine behaviour especially regarding a man's approach to his wellbeing and health.

The short podcasts (10 to 15 minutes each) are now available to listen to via our website or on Spotify, Apple Podcasts, Google Podcasts and numerous other podcast directories.

If you require any other information, please contact the Team at RMHI on (08) 9690 2277.