

Karrinyup Community Men's Shed Inc.

We take great pleasure in inviting fellow shedders to a free men's health seminar made possible with funding under the MSWA Small Grants Program.



Practically Healthy Lifestyle Choices

Friday 14th October 2022 - 9:00 am -12:30 pm
Stirling Community Centre (Grenville Reserve)
164 Cape Street (Cnr Stoneham Street) Tuart Hill.

Presenter: David Beard

David Beard is a Fullbright Scholar with a Masters Degree in Exercise Physiology. He is also a Fellow of the Australasian Society of Lifestyle Medicine.

David aims to change perceptions about health, fitness and getting old, by showing how to develop lifestyle habits to extend lifespan and healthspan - how long people live with good health.

His work over the last 40 years with adults of all ages has given him new insights into what it means to get old and how to ensure you don't gradually slide downhill.



Presentation topics in this workshop include -

You are "not necessarily" what you eat.

There is so much nutrition information out there it's confusing. However, we are all different and there is no one diet for everyone. Learn about the latest evidence on nutrition and metabolism so you can decide what might be the best way of eating for you.

Make a move.

We know exercise is important, but no-one wants to spend hours exercising. David has spent 40 years trying to stay fit in the least amount of time and with the least amount of effort. Learn how to get and stay fit in less time, and hopefully enjoy it!

Age well.

David spent over a decade working in the aged care industry learning from people in their 80's, 90's and 100's. In this session, David discusses the characteristics of people who "aged well."

You will leave this workshop with valuable insights into living a long and healthy life and some practical strategies to put into practice.

Parking is limited at venue. Please share ride where possible.

Verge parking in Hector Street south side of Grenville Reserve. Just a short walk across the reserve.

This is a free event, but we ask you to pre-register for catering and seating purposes.

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