



What is this event?

A joint initiative of the Staff Association and CSIRO to shine a light on men's health during Men's Health Week (June 15-21).

During ISO it's even more important that we talk about the health of those we care about.

Who should attend?

All who are interested in the health of the men in our lives: yourself, partner, father, son, brother, friend, work colleague, etc.

What's so special about the event this year?

In previous years the event was held in Clayton. The event has embraced the virtual format and it's possible for everyone in CSIRO to attend, from Hobart to Cairns, Sydney to Geraldton.

When is it?

Wednesday 17 June 9:30 am-12:00 pm AEST

How do I join?

Join by entering this URL or click this link:

<https://webcast.csiro.au/#/webcasts/menshealth>

Agenda, Wednesday 17 June 2020, via webinar

- 9:30 Welcome
- 9:40 Physical health – a presentation from Craig Harper
- 10:10 Mental health – a presentation from Beyond Blue
- 10:40 Work life balance – a panel of CSIRO staff sharing their experiences
- 11:20 EAP – What is it and how can it help me or someone I know?
- 11:50 Closing remarks
- 12:00 Close

Come to one or come to all; it's up to you!

Dial in and out as your interest and calendar allows