



## NEWS

# First aid donation to Men's Shed

HEALTHWAYS Australia presented local resident, Mr Raymond Moore, first aid equipment for the Crookwell Men's Shed, last Tuesday January 12.

"When we approached Mr Moore about a reward for being the 10,000th member to enrol in our My Health Guardian program, he asked whether we would consider donating first aid equipment to his local Men's Shed," said Michelle Raybeck, Nurse Care Manager of Healthways Australia.

"We couldn't think of a better way of recognising Mr Moore; and in doing so, also assist Crookwell's Men's Shed, to address significant chronic health

issues in the community.

"Issues Mr Moore, Men's Shed and Healthways are all committed to supporting," said Ms Raybeck.

Launched last August, My Health Guardian, is the first chronic disease support program of its kind in Australia and provides phone-based and online support across the full spectrum of health circumstances.

The program is delivered by Healthways Australia, whose team of qualified nurses, dieticians and exercise physiologists work with members to guide personal health and wellbeing programs.



• Front - L-R Nurse Care Manager of Healthways Australia, Michelle Raybeck, and Ray More. Background L-R Don Southwell, Ron Browne, Brent Hall and Bill Dixon.