

men's health week

TE WIKI HAUORA TĀNE 2021

June 14-20 2021



Sport Whanganui - GO LADS JUNE

June 14-20 is Men's Health Week and to acknowledge the men in our community, Sport Whanganui has collaborated with like-minded groups in our community to bring you some fun ways to get active. 😊 The best part...everything is FREE.

REJUNEVENATE and get your 'inner lad' back.

LADS 'WOF' HEALTH CHECKS FOR THE MONTH OF JUNE

SPORT WHANGANUI
226 LONDON ST
FREE 25YRS+

Phone Sport Whanganui to book:
06 349 2880 or email
info@sportwhanganui.co.nz

FIRST 20 HEALTH CHECKS RECEIVE ONE MONTH'S FREE JETTS GYM VOUCHER

SHUTTLECOCK SLAM

SPRINGVALE STADIUM
FREE 25YRS+

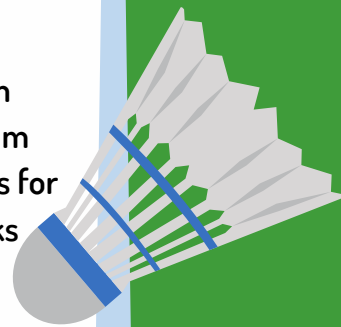
Monday 14 June 7:30pm-9:30pm

Thursday 17 June 9:00am -11:00am

Free access to the Badminton courts for the lads. Rackets and shuttlecocks available for your use.

Easy website registration:

<https://sporty.co.nz/wanganuibadminton> and register for the free use option.



FLOATFIT

SPLASH CENTRE
FREE 25YRS+

Monday 14 June 6:15pm-6:45pm OR

Tuesday 15th June 7pm-7:30pm

Core strength water class on a floating mat.

PHONE 06 349 0113 TO BOOK

LADS PACKS AND PRIZES

SPORT WHANGANUI
226 LONDON ST
FREE 25YRS +

The team have put together a Lads Health Pack that contains a bunch of goodies. Drop by Sport Whanganui to pick up and enter in the draw to win!

Three Prizes:

1. Six month Jetts Gym Whanganui membership
 2. Splash Centre Concession Card (50 free entries to Splash Centre)
 3. Free Bioscan and health assessment at Sport Whanganui
- PLUS SPOT PRIZES AT EVENTS!

LADS AND DADS — BALL GAMES

WANGANUI HOCKEY TURF, 80 ALMA RD
1.30 - 2.30PM

FREE 10+ YRS (ACCOMPANIED BY ADULT)
The chance to show off your ball skills or learn some new ones. Seriously though, it's all about having some fun.



STEP OUT

CLUB GOLD WALKING GROUP

SPORT WHANGANUI

226 LONDON ST

FREE 60YRS +

Tuesday 15 & Thursday 17 June 9am-10am

Meet at Sport Whanganui.

Cuppa and morning tea after the walk.

www.sportwhanganui.co.nz

