



# HEALTH MATTERS



Smart employers are taking steps now to protect the health of their staff. Employers who actively encourage health and wellbeing in their workplace are reaping rewards, experiencing increased efficiencies, enhanced corporate image, reduced staff turnover, and bigger profits.

## *20 MINUTE PIT-STOP TALKS ON:*

- Prostate Cancer
- Workplace Stress
- Depression
- Relationships & Parenting
- Separation & Divorce
- Exercise & Nutrition
- Mental Health
- Work/Life Balance

## *PRESENTATIONS ARE:*

- motivational
- educational
- multi-media
- interational
- presented by highly qualified Facilitators.

*PLUS: A FREE IN-HOUSE  
COUNSELLING SERVICE*

For more information contact

John Toussaint CEO at Hunter Prostate Cancer Alliance on  
(W) 4968 9455 (M) 0419 697 018 (E) [john@hpca.org.au](mailto:john@hpca.org.au)

