

Join us on

# The Road to RESILIENCE

Don't miss the opportunity to learn from someone who has "walked the walk".  
It could make a difference to you or to someone you know.

"**CRAIG HAMILTON** will help others who have suffered, but more importantly, he makes us all much more aware of the presence of mental illness, and in particular, depression." WAYNE BENNETT

**TOBY FORD** is passionate about men's health and in particular stress management and resilience. Come and hear him talk about "When things drop off, fall out and don't work anymore".



Lisa Patterson-Kane will join

ABC Grandstand's NRL

Broadcaster **Craig**

**Hamilton &**

founder of Healthy Farmers,

& passionate Men's Health

Advocate **Dr. Toby Ford**

with a recipe for resilience.

## Free BBQ

provided from

## 5:30pm

Bar available. Speakers present from **7pm sharp**



For more information, please contact:-  
Mary (Tie Up The Black Dog)  
0428716582  
OR  
Davida (Royal Flying Doctor Service)  
0428 612 235



## CHARLEVILLE APRIL 29th

Town Hall, Wills St.

## QUILPIE APRIL 30

The Quilpie Club, Broлга St.

## CUNNAMULLA May 1

Shire Hall Supper Room



Tie Up The Black Dog Committee thanks the sponsors below, without whom this event would not be possible.



Queensland Government



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