

**An Invitation to attend  
ADELAIDE - MITCHAM  
PROSTATE CANCER  
SUPPORT GROUP**

**Meeting**

**Wednesday 13<sup>th</sup> October 2021**

**Guest Speaker**

**Henry McGregor**

**Men's Health Physiotherapist**

**Mast. Musculoskeletal & Sports Physio**

**Mast. Physio, B. App. Sci.**

**Topic: Tips for blokes to help your  
prostate cancer journey**

**Where: Colonel Light Gardens RSL Club  
4 Prince George Parade  
Colonel Light Gardens**

**Time: 7.00p.m. - 8.45p.m.**

**Contact: Roland 0438 604 323, Ralph 0406 006 654  
Jeff 8277 3424 or [www.adelaidemitchampcsg.org](http://www.adelaidemitchampcsg.org)**

**Voluntary donations welcome**