

Feel better Work better



FREE health workshops
with Dr Tom Mulholland

You're invited to these free workshops for people working in forestry.

Dr Tom is an emergency department doctor who's hosted TV and radio shows. He's now touring New Zealand, talking to forestry workers about their physical health and mental wellbeing.

These workshops are a chance to get on top of 'health villains' like diabetes, smoking and cancer. Dr Tom will also talk about healthier ways of thinking that help people solve problems and deal with 'bad days'.

These workshops are brought to you by the **Forest Industry Safety Council**, which runs **Safetree**, in partnership with the **Northland Forestry Health and Safety Group**. They're a chance to find out about the work being done by **FISC** to support safe work in forestry.

RSVP by Mon 20 Aug to mandie@skipplogging.co.nz including which events you will attend and how many are coming.

Book these dates

Location	Date/Time	Venue
Whangarei	Thurs, 23 August 2018; 1.30pm – 4.30pm	Toll Stadium
Kaitia	Fri, 24 August 2018; 1.30pm – 4.30pm	Te Ahu Events Centre