

# 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 **FICA**. They're a chance to find out about the work being done by **FISC**, and meet the new look **FICA** and find out what's in store for the membership. Non-members are welcome to attend.

**RSVP to [info@safetree.nz](mailto:info@safetree.nz) with your name, how many people you're bringing, and the location of the event you will attend.**

## Book these dates

Location	Date/Time	Venue
Gisborne	Tues, 12 June 2018; 2.30pm – 5.30pm	Gisborne Cosmopolitan Club, 190 Derby St
Napier	Wed, 13 June 2018; 8.30am – 11.30am	East Pier Hotel, 50 Nelson Quay, Ahuriri
Stratford	Thur, 21 June 2018; 8am – 11am	TET Stadium, 62 Portia St
Whanganui	Fri, 22 June 2018; 10am – 1pm	Kingsgate Hotel, 379 Victoria Ave
Greymouth	Tues, 3 July 2018; 10.30am – 1.30pm	Kingsgate Hotel Greymouth, 32 Mawhera Quay
Invercargill	Wed, 4 July 2018; 9am – 12 noon	Ascot Park Hotel, Corner Tay St & Racecourse Rd
Balclutha	Wed, 4 July 2018; 2.30pm – 5.30pm	Rosebank Lodge, 265 Clyde St
Kaiapoi	Thur, 5 July 2018; 1pm – 4pm	Kaiapoi Club, 113 Raven Quay
Timaru	Fri, 6 July 2018; 8.30am – 11.30am	Timaru Town & Country Club, 99 Douglas St
Nelson	Mon, 16 July 2018; 1.30pm – 4.30pm	Club Waimea, 345 Queen St
Blenheim	Tues, 17 July 2018; 9am – 12 noon	Clubs of Marlborough, 42 Alfred St
Masterton	Thurs, 26 July 2018; 1pm – 4pm	Copthorne Hotel, High St, Solway