

COME AND HAVE A YARN WITH BEN BROOKSBY

"THE NAKED FARMER"

A FREE event for men funded
by the profits from the
"EVERY MAN AND HIS DOG"
calendar



BBQ meal on the house
BYO Drinks
Hear from the naked farmer
6.30 for 7pm
All men welcome including
ages 15+

Friday 20th March 2020
6.30 for 7pm
Harrow Mechanics Hall
Blair St, Harrow

FOR CATERING PURPOSES PLEASE CALL:
HARROW BUSH NURSING CENTRE TO
BOOK ON 5588 2000



thenakedfarmerco.com.au



“Good Food for Good Mood”

**Lunch and information session
to help us understand the ways in which what
we eat influences our brain, mood, mental and
general health.**

PRESENTERS:

**Tess Howells, visiting Psychologist RFDS
Dr Greta Prozesky, The Wholistic GP in Hamilton**

**5th March, 2020
11.30am - 2.30pm**

Cost: \$10

VENUE: HARROW BUSH NURSING CENTRE FUNCTION ROOM

Phone - 5588 2000

**RSVP: Monday 2nd March
Book early, limited places**

