



# How to Live Well ...mind, body, spirit

An evening on men's health  
featuring **Dr John Best**

**Thursday 22<sup>nd</sup> Sept**  
**6:30pm drinks, pies &**  
**watch Rugby World Cup game**  
**7:30pm talk begins**

**All Saints Anglican Church**  
**295 Malton Road, North Epping**

Hear Dr John Best, physician to the Wallabies from 1994-2000 including the 1999 World Cup winning side. John will address the problem of burn-out in men, including mental health and depression, lifestyle and eating factors, as well as spiritual health from a Christian perspective.

There will also be an interview with Matt Goddard, a current international rugby referee and a member of All Saints.

Free Admission - Pies and drinks on sale  
RSVP: [info@allsaintsnorthepping.org.au](mailto:info@allsaintsnorthepping.org.au)