



Health and Wellbeing Activities Ideas

The Bendigo District RSL Sub-Branch is looking for your ideas regarding Health and Wellbeing Program activities that veterans and their dependents would be interested in participating in throughout the year.

The Bendigo District RSL Sub-Branch currently provides many different programs like Yoga, CrossFit group exercise, and our Sheds Health & Wellbeing program. To find out more about our program, click [here](#).

To see the current list of activities within the Sheds Health & Wellbeing Program, click [here](#).

Please take the time to fill in this survey as it will shape future programs.

1. Contact information

Name: _____

Email address: _____

2. Please list your ideas for Health and Well-being activities

3. Are you interested in teaching Veterans a skill like photography or any other skill? If yes let us know what skills or activity that is.

The Bendigo District RSL Sub-Branch would like to thank you for taking the time to provide your ideas. This information will support the decisions as to what veterans Health and Wellbeing Program activities are provided.