

V/LINE LIFE TRAINING ROADSHOW 2009



The WorkSafe Victorian Country Football League and V/Line have developed a series of free motivational and educational presentations aimed at educating 14 to 18 year-olds and their families on important health topics in a friendly and interactive environment. The program is designed for both male and female teenagers as well as their parents and will be presented at locations throughout country Victoria.

The night is not sport specific. No matter what your background, depression is an important topic so all are welcome to attend.

The evening is divided into two sessions, each delivered by leaders in their field who have a vast array of knowledge and experience on their chosen topic.



The first half of the night will be delivered by the Orygen Youth Health, who will deliver an interactive and informative session on depression, particularly in youth.



The second part will be facilitated by Leading Teams who have done fantastic work with a number of elite AFL football Clubs. They will discuss the importance of making the right life choices and give attendees the skills to evaluate and make the right decisions in life.



Former AFL star Nathan Thompson is the ambassador of the V/Line Life Training program and will participate on the night telling his stories and lessons learnt throughout his professional career.

WHEN: Wednesday May 13th
WHERE: Shepparton FNC Social Rooms (Deakin Reserve, Nixon St. Shepparton)
TIME: 6-8.30pm (including a short break at ~7pm).
Light refreshments will be available on the night.

For more information or to register you (or your group's) interest in attending please email john.odonohue@aflvic.com.au with your name, club and number of attendees.