



RSL Active Remembrance Weekend Acknowledging Ex-Service Members and their Partners

Together we acknowledge the wonderful partners and family members of our ex-service men and women across the South Central Gippsland region

RSL Active is a new program from RSL Victoria offering a range of activities for the younger ex-service community. Ex-service men, women and their families are invited to the inaugural RSL Active weekend in South Central Gippsland. Meet others in the ex-service community, get involved in discussions pertaining to young ex-service members, and have your say in the sorts of activities you'd like to see held in the future.

WONTHAGGI RSL

Friday 10 November
7pm: Ex-Service Members and Partners Dinner

SAS Sgt Harry Moffitt presents a pictorial look at recent conflicts – Timor, Iraq and Afghanistan.

Saturday 11 November
9-10am: Personal Training Session

All fitness levels.
Free for ex-service members and partners.

RSVP
Wonthaggi RSL (03) 5672 3297

LEONGATHA RSL

Saturday 11 November
9-10am: Personal Training Session

All fitness levels.
Free for ex-service members and partners.

11am: Remembrance Service
All welcome.

1pm: 'Veteran's Business Hub' Grand Opening & Forum on Young Ex-Service Members Issues

Come along to the official opening of the Veterans Business Hub, followed by a Forum in the Hub Boardroom to discuss issues affecting the young ex-service community.

RSVP
Leongatha RSL (03) 5662 2747

MORWELL RSL

Saturday 11 November
7pm: Acknowledging Partners Dinner

This dinner will include an all female Q&A panel of current serving members and veterans.

Sunday 12 November
1pm: Ex-Service Members BBQ Lunch

Families and friends welcome.

RSVP
Morwell RSL (03) 5134 2455

For more information about RSL Active visit www.rslvic.com.au



Veterans and Veterans Families Counselling Service (VVCS) provides free and confidential counselling and support for war and service-related mental health conditions, such as post traumatic stress disorder, anxiety, depression, sleep disturbance and anger. Support is also available for relationship and family matters that arise due to the unique nature of the military lifestyle. Contact VVCS by calling 1800 011 043 or visit www.vvcs.gov.au

