



RSL Active Western Region or Open Arms will be hosting the following events and programs in 2022.

1/ RSL Active Western Region Launch - Sunday 23<sup>rd</sup> January 1100Hrs

At Lake Dewar Camp YMCA, Myrning.

Archery & Beach Volleyball

2/ Safe Talk (Open Arms) Thursday 17<sup>th</sup> February 1300 - 1700Hrs.

Bacchus Marsh RSL Sub Branch

3/ Barefoot Bowls - Saturday 5<sup>th</sup> March 1730 -1800 Hrs

Bacchus Marsh Bowling Club

4/ Safe Talk (Open Arms) Saturday 26<sup>th</sup> March 0930 - 1330Hrs.

Bacchus Marsh RSL Sub Branch

5/ Managing Pain (Open Arms) 2 day program.

Wednesday 4<sup>th</sup> & Thursday 5<sup>th</sup> May 0930 - 1630Hrs

Bacchus Marsh RSL Sub Branch

6/ Beating the Blues (Depression) 2 day program

Saturday 7<sup>th</sup> & Saturday 14<sup>th</sup> May 0930 - 1630Hrs

Bacchus Marsh RSL Sub Branch.

7/ Bushwalking 21<sup>st</sup> May 1100Hrs BYO Lunch

**Bookings essential.**

**Bronwyn Flack 0425261806**

**Or for Open Arms programs 1800011046**

**A lot more exciting things are planned for 2022**