



Monthly Newsletter

June 2023

WINTER IS HERE!

Head over to page 4 for 5 activities you can try as we enter winter



WELCOME

PTBL would love to introduce our new support worker who has recently joined the Pathways family.

Please give a warm welcome to Shane

To view his profile please visit our website at:

<https://ptbl.com.au/>

PTBL BIRTHDAYS

We wish everyone who has an upcoming birthday this month a VERY Happy Birthday and we hope that you enjoy your special day!



Andrew 11th

Matt 26th

Kim 29th



Website:

www.ptbl.com.au

Contact:

1300 702 845

Email:

hello@ptbl.com.au



PTBL Partners

Pathways to Better Living have been fortunate to have crossed paths with many wonderful companies who provide a wide range of services. These businesses form the Pathways to Better Living network and are an invaluable resource to both us and/or our participants.



Price Fitness Palm Beach

Price Fitness offers programs for all abilities to support the unique challenges experienced by those with a disability

Price Fitness offer a carefully programmed and structured session, where they have fun, get stronger and improve confidence in a safe trainer led environment.

Plan managed or self-managed participants are warmly welcomed at Price Fitness!

Price Fitness will “happily” contact plan managers to see if participants have the available funding for the sessions.

For more information please contact Mat via the following:

Email: mat@pricefitness.com.au

Phone: **0415 317 187**



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PARTICIPANT OF THE MONTH

PTBL would like to recognise each of our amazing participants and their achievements. This month we would love to introduce Justine to everyone and say congratulations for working hard towards achieving your goals

National June awareness/event dates

Mabo Day – 3rd

National buddy Day – 8th

Heart Rhythm Week – 7th – 12th

Men's mental health week – 13th
– 19th

World Blood Donor Day – 14th

PTSD Awareness Day – 27th



Despite her recent diagnosis with Cancer, Justine has continued to keep a smile on her face and work towards achieving her goals.

Justine's fear of open spaces would once keep her from leaving the house/getting out of the car. Now, she can be seen running around the dog park with her furry companion Gizmo and her Support worker.

Justine has continued to blow us away with every milestone she has had to face on this crazy journey she is on, but proud is an understatement of all that she has overcome and achieved.

Keep up the amazing work Juzzy!



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5 activities to try as we enter Winter

1. **Make Hot Chocolate**
2. **Build a blanket fort and have a movie marathon**
3. **Bake a batch of cookies**
4. **Have a games night with family or friends**
5. **Make a delicious soup**





May 2023 Recap: Photo Edition



What another amazing month smashing goals and living our better lives at Pathways!



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PROVIDER

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