

MONTHLY NEWSLETTER NOVEMBER 2023



GROW A MO AND HELP A BRO

November (November), is the month of advocating for men's mental and physical health, raising awareness of prostate cancer, testicular cancer and men's suicide.

Show your support for men's mental health by growing a moustache throughout November or move for Movember by running/walking 60kms during the month of November.



Joke of the Month

What's an avocados favourite kind of music?

Guac and roll!

"HA
HA,
HA,"



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!

Kobi 23rd



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SPECIAL OLYMPICS OCTOBER 2023



PTBL VOLUNTEERS

Last month Katie and Janine volunteered to assist organisers in the Special Olympics at the Golf National games held at Palm Meadows in Carrara Queensland.

62 athletes from all over Australia competed in this event.

Janine was very fortunate to caddy for one of the athletes on both days of the tournament while Katie was kept away from the golf course...for good reason 😊 and assisted with the administration duties required to ensure the smooth running of the event.

This was the first time that a Special Olympics golf tournament was held at Palm Meadows but the team of organisers, staff and volunteers all worked together to make it a very successful tournament which will hopefully become an annual event.

They look forward to volunteering their time to assist again in future events.



Special Olympics
Australia



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WEFLEX

NDIS PERSONAL TRAINING



MEET CHRIS

Chris has always had a passion for helping others and comes from 15 years working as a High School teacher.

He is excited to try new challenges and looks forward to enjoying the rewarding experience of being a support worker. He aspires to help participants live a more fulfilling life both physically and emotionally.

Recently Chris has joined the team at WeFlex to further support individuals with disabilities in the fitness industry.



Chris is currently providing one on one NDIS funded personal training sessions to assist you to identify your fitness goals and develop a training plan that will begin to assist you to improve your overall physical and mental wellbeing.

For more information contact Chris

via phone: **0420 975 685**

via email: **cswaddle79@gmail.com**



To learn more about WeFlex and their services please visit their website at weflex.com.au



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COMMUNITY EVENTS



MURWILLUMBAH SHOW

When: Friday 3rd - Saturday 4th November 2023

Where: Queensland Road, Murwillumbah, NSW

Time: 5:00pm

ORCHID SHOW AND FAIR

When: Saturday 4th - Sunday 5th November

Where: Tweed Heads Civic and Cultural Centre

Time: 8:30am (NSW) (\$3)



BOAT HARBOUR MARKET

When: Saturday 4th November

Where: Jack Evans Boat Harbour, NSW

Time: 8:00am



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OCTOBER 2023 RECAP: PHOTO EDITION



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



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