



C'mon guys, we need to keep an eye on what's happening under the bonnet.

We need to make sure that we stop any leaks, check the taps, flush the pipes through, and generally keep ourselves well maintained. That's why Mitre 10 Mega Petone and Upper Hutt have teamed up with the Cancer Society to encourage blokes like you and us, to keep well maintained.

Don't delay – check out the toolkit today!

www.getthetools.org.nz




Any cancer, any question
0800 CANCER (226 237) Cancer Information Helpline

Working together, supporting men's health.

Kiwi blokes have always believed that "if it ain't broke, don't fix it!" But any tradesman worth his salt will testify that regular maintenance lessens the chance of anything major going wrong.

Just in time for Men's Health Week, **Mitre 10 Mega Petone & Upper Hutt** have teamed up with **Cancer Society Wellington** to encourage blokes to do "a little man maintenance". We all know that to keep our cars on the road we need a WOF, so why are we so slow in doing the same thing for ourselves?

To help you, we've put together a very handy "Man Maintenance Toolkit" at **www.getthetools.org.nz**

Just visit the site, give us your feedback...and you could BE IN TO WIN a \$50 voucher for Mitre 10 Mega Petone or Upper Hutt. 10 lucky winners will be drawn each week until 19 July. Details on the site, so check-it out!

This is a Wellington region pilot programme. Your feedback will help us to fine-tune the toolkit – and to help raise awareness of men's health issues and resources.

Finally, please forward this to as many contacts as possible. *Who knows...it may just help save someone's life.*