

### **Men's Sheds are about men's health.**

Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting to friends and maintaining an active body and an active mind.

Becoming a member of a Men's Shed gives a man that safe and busy environment where he can find many of these things in an atmosphere of old-fashioned mateship.

And, importantly, there is no pressure. Men can just come and have a yarn and a cuppa if that is all they're looking for.

The Magnetic Island Men's Shed is based at the Solar Cities complex on Horseshoe Bay Road, Horseshoe Bay. The group is currently working to construct a model railway which incorporates multiple disciplines including history, engineering, carpentry, electrical circuitry, digital command control, sound and lighting, painting, airbrushing, various kinds of artistry, using multiple types of material to create structures, terrain and scenery. It's a great way to use or learn new skills, develop new interests, and get together with the guys.

For more information contact Mark Lucas on ☎ 0488 933 765 ☎ or email [magneticislandmensshed@gmail.com](mailto:magneticislandmensshed@gmail.com)