



# MEDIA RELEASE

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**12 March 2026**

## **Sons of the West is back for 2026!**

Registrations are now open for Sons of the West, a free, health program, designed to improve physical, mental, and social wellbeing of men in the City of Melton.

Delivered by the Western Bulldogs Community Foundation, in partnership with Melton City Council, Sons of the West is a 10-week program for men aged 18 years and over, covering fitness, nutrition, mental health, gender equity and more.

Through weekly sessions, participants will learn about how to best look after themselves and be introduced to resources and local services to help continue to support their journey. The program is design to suit all fitness levels and abilities.

Support is provided along the way by health professionals and guest speakers.

The program will run in two locations in the City of Melton:

### **Brookfield:**

Tuesday 21 April to Tuesday 23 June 2026, 10am - 12pm  
Botanica Springs Children's and Community Centre, 249 Clarkes Road, Brookfield 3337.

### **Taylors Hill:**

Wednesday 22 April to Wednesday 24 June 2026, 6pm - 8pm  
Taylors Hill Youth & Community Centre, 121 Calder Park Drive, Taylors Hill 3037.

To register, visit [melton.vic.gov.au/sonsofthewest](https://melton.vic.gov.au/sonsofthewest)

### **Quotes attributable to City of Melton Mayor Cr Lara Carli:**

*"I'm so pleased that Melton City Council is again partnering with the Western Bulldogs Community Foundation to deliver this incredibly important program in 2026."*

*"Sons of the West is so much more than just a short fitness program. It really creates social connectivity and instils a passion and drive in people."*

*"The program is a great way for men of all ages and fitness levels to access practical support and advice for living a healthier lifestyle."*

*"I encourage the men in our community to take advantage of this free opportunity to both improve their health and fitness and make some new friends along the way."*

ENDS

Melton City Council media enquiries (not for publication): Catherine Chapman– Media and Communications Advisor on 0427 595 552.