

Media Release

The Hon Shaun Leane MP
Minister for Commonwealth Games Legacy
Minister for Veterans



Friday, 7 October 2022

PROGRAM BOOSTS WARRAGUL VETERAN COMMUNITY WELLBEING

The Andrews Labor Government is helping local Warragul veterans keep fit and healthy with free weekly workout sessions as part of an ongoing program giving Victorian veterans more opportunities to stay healthy.

Minister for Veterans Shaun Leane was in Warragul this week to meet members of the local RSL Active program during Veterans' Health Week.

With more than 80 RSL Active participants, the RSL Warragul Sub-branch has run the program since 2018.

The Labor Government has invested \$400,000 over the past three years to support the ongoing delivery and expansion of the RSL Active program across the state.

This is in addition to funding of \$400,000 over four years in the 2015-16 State Budget, which supported the initial development and delivery of the program.

The Warragul program includes a Fitness and Mateship Group, which provides free fitness training to the local veteran and first responder community on Saturday mornings at Voyage Fitness Warragul.

Run and designed by RSL Victoria, RSL Active aims to support the physical health and wellbeing of veterans and their families through a wide range of programs and activities including yoga classes, online personal training sessions, art classes and cycling and running groups.

With activities available online, as well as across a number of locations throughout Victoria including Warrnambool, Altona and Bentleigh, the program is a key component of the Government's ongoing support for veterans' wellbeing.

Veterans' Health Week is an annual initiative which aims to improve the health and wellbeing of former and current serving defence personnel and their families. 'Eat Well' is the key focus for this year's initiative, running from 1 October to 9 October.

For more information about RSL Active or to find an RSL Active event near you, please visit www.rslvic.com.au/veteran-support/rsl-active.

Quotes attributable to Minister of Veterans Shaun Leane

"The Warragul RSL should be immensely proud of the role they play in supporting veterans and their families to stay engaged with their community and to get out and get active."

"Victoria's RSLs do an incredible job delivering vital welfare support to our veterans. We are so proud to support the health and wellbeing of our veteran community through this important program."

Quote attributable to RSL Warragul Sub-Branch President Ben Vahland

"RSL Active offers a safe space for like-minded people to do something positive for their body and mind. It is quite powerful to see the impact of the RSL Active program. Through RSL Active, we've found a powerful way to engage and reconnect with veterans who have been hurting and hidden away from the people who can help."

Media contact: Claire Vickers 0499 543 392 | claire.vickers@minstaff.vic.gov.au