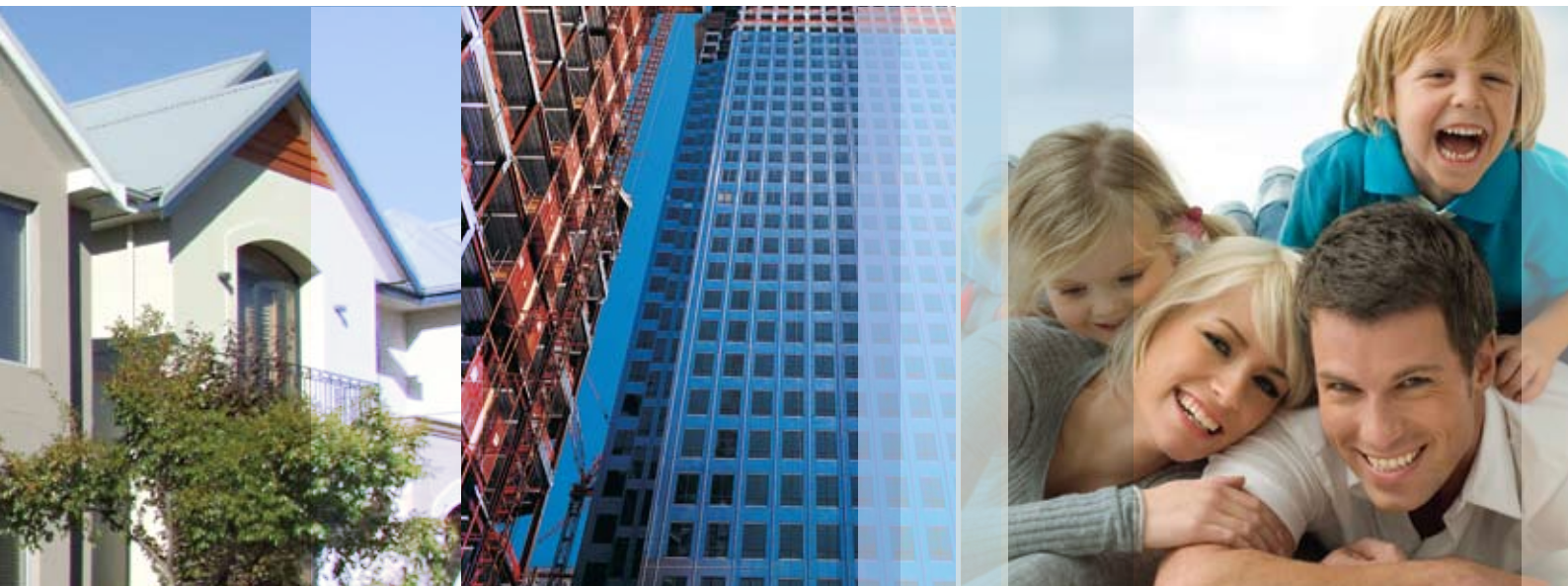


Master Builders Health Alliance



Building Better Health

A Healthy Future



The Master Builders Health Alliance was established in 2006 to raise awareness amongst our members and their families about important health issues.

We have been able to do this through a partnership with a diverse group of health professionals who share our vision to improve the health of the building industry through practical advice. It is an exciting challenge which offers many benefits to both individual wellbeing and corporate productivity.

Our Health Alliance continues to evolve with new partners and new initiatives to raise awareness about how to improve our health. It's a project we're all proud to be involved in and which has already been strongly embraced by Master Builders members across all sectors throughout WA.

Michael McLean
Executive Director
www.mbawa.com

Ph: 9476 9800
Fax: 9476 9801
mba@mbawa.com

Meet the members of your Health Alliance



"Feel great and look great as you protect your health with the top-rated supplements in Australia!"

Janet Cheeseman

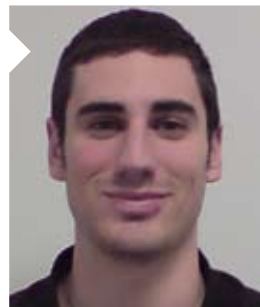
Master Builders members can save up to 25% on all USANA supplements, energy drinks and bars, Sensé skin care and the effective RESET weight management program.

Recommended to achieve and maintain optimal health in addition to reducing the symptoms of more than 80 chronic degenerative diseases.

These include diabetes, cancer, heart disease, stroke, Alzheimer's, obesity, arthritis and osteoporosis. Ask me for a free doctor's report listing the USANA supplements that have shown to be of benefit.



Independent USANA Associate
67 Swan Road, Attadale WA 6156
Ph: 9330 7458
mba@cheeseman.com.au
www.mbahealth.usana.com
www.cheeseman.usana.com
www.byebye-breastcancer-hello-wellness.com



"Take advantage of our team approach to health care and treatment."

Julian Mancini

After two years of being personal understudy practitioner to Ian Wee, the director of PIHC, Julian Mancini has taken over the role of providing clinical support to all members of Master Builders Association. Julian has dual qualifications in Occupational Therapy and Exercise Physiology.

PIHC is a group practice of health professionals who work together as a multi-disciplinary team. We provide a client centred approach to health and wellness based on a platform of education, informed choice and high quality clinical care. Services include Soft Tissue Occupational Therapy, Podiatry, Exercise Physiology, Massage Therapy, Flower Essence Therapy and Counselling.

PIHC offers complimentary screening to all Master Builders members.



Balcatta – Melville
Ph: (618) 9240 5266 Mob: 0439 951 010
Fax: (618) 9240 1522 julian@pihc.com.au
www.pihc.com.au



John (JR) Ross

*Master Networker and
Independent USANA Associate*

*"Your good health is the
foundation for an abundant,
happy life."*

■ Master Builders supports



beyondblue's main aims are to raise awareness of depression, help to reduce the stigma associated with the illness and encourage people to seek help if they think they may be depressed.

For more information about depression, anxiety and related drug and alcohol problems visit www.beyondblue.org.au or call the beyondblue info line on 1300 22 4636 (local call cost).



"Holyoake can help when alcohol, drugs or other addictions become a problem for you, your family or your workplace"

Angie Paskevicius

Master Builders members concerned about their own, a family member's or employee's alcohol or drug use can be assured that at Holyoake we provide a wide range of programs, counselling and education services to support people with alcohol, drug and other addictions.

Our highly trained and professional staff provide a range of quality services that assist the individual, the family or the employer to work through issues of concern in a safe and supportive environment.

If you are concerned about your own, or a loved one's alcohol or drug use, or workplace alcohol and drug issues you can make an appointment by phoning 9416 4444.



Angie Paskevicius

Chief Executive Officer

75 Canning Highway, Victoria Park, WA 6100
Ph: 9416 4444 reception@holyoake.org.au
www.holyoake.org.au



"We support men and the families impacted by prostate cancer"

Cate Harman

The Prostate Cancer Foundation of Australia (PCFA) is the peak national body for prostate cancer in Australia.

Cate is one of a team of four staff who work at the WA office in West Leederville. PCFA is dedicated to providing support for Australian men and their families impacted by prostate cancer; raising awareness; and funding important Australian research projects. The WA office provides information and support to prostate cancer patients and their families, runs awareness events, supports fundraising activities and looks after the 8 Prostate Cancer support groups currently operating throughout Western Australia.



Cate Harman

Events Co-ordinator – Western Australia

Ph: 08 9381 7444 Fax: 08 9381 5820

Unit 1, 47 Oxford Close, West Leederville, Perth WA 6007
www.prostate.org.au



“Back pain, neck pain or headaches? We can help with your spine and muscular problems.”

Evan Lawson

We provide safe, professional chiropractic care in a relaxed environment. Our scope of practice includes pain management, stress and tension reduction, posture correction and preventative spinal health care. You can expect personal care catered to your needs.

All Master Builders members are entitled to a free initial consultation and examination to find out how chiropractic care can best benefit them. Ongoing discounted member rates also apply.

Located 5km North of the city center on Wanneroo Rd we are easily accessed with ample parking.



5/162 Wanneroo Rd, Yokine WA 6060

Phone 9207 1994

evanlawson@live.com.au

www.elementchiropractic.com.au



“Complete Health is more than the absence of disease. It is a vitality, a freedom, and it holds the promise of ongoing quality of life.”

Linda Byart

The Well Men Centre's new range of services are designed to motivate individuals and businesses into adopting a new mindset with regard to health care: a mindset that minimises dependence on drug based remedies.

Our Complete Mind/Body Health Assessment, which focuses on identifying individual needs, is the starting point for a powerful transition towards optimum health and wellbeing.

Developed in collaboration with Perth's foremost anti-ageing GP, Dr Joe Kosterich, the Complete Health Program also promotes strategies which are encapsulated in his book “Dr Joe's DIY Health – Putting You in Control of Your Health.”

A GP for over 25 years, Dr Kosterich is now a high profile health mentor. An author, columnist, broadcaster, health consultant and entertaining motivational public speaker on health issues, he also has a lively presence on the internet via Twitter and his blog.

Australia has the highest incidence of skin cancer in the world. Proactive care means regular skin checks. The Perth Mole Clinic is on site providing computerised clinical assessment and monitoring of skin changes for Master Builders members and their families.



**complete health
program**

Suite 2, 77 South Terrace Como WA 6152

Phone 9474 4262 wellmen@optusnet.com.au

www.wellmen.com.au

www.drjoesdiyhealth.blogspot.com

[www.twitter.com/drjoesdiyhealth](https://twitter.com/drjoesdiyhealth)



“The best way not to get sick is to be healthy.”

Dr Joe Kosterich