



The Shane Warne Legacy Heart Health Machine is coming to the Leongatha RSL.

Can you spare 4 minutes? That's all it takes to check your heart health!

To coincide with Heart Health Week, the Leongatha RSL is bringing a Shane Warne Legacy Heart Health Machine to the venue from May 6th to 19th, offering valuable benefits to our community.

In December 2024, Greg Nugent, the General Manager of the Leongatha RSL Sub-Branch, faced a significant health scare that resulted in an extended hospital stay, major surgery, and a challenging recovery. This experience highlighted the critical need for education on Cardiovascular health and the importance of regular heart health checks for both Greg and the Leongatha RSL team.

Recognizing the accessibility challenges in Leongatha and surrounding regional areas, the decision to introduce the Shane Warne Legacy Heart Health Machine was straightforward. As part of our ongoing welfare program to support veterans and the community, we are pleased to offer complimentary access to the machine for all individuals wishing to utilize it.

The Shane Warne Heart Health Check is a self-administered test that requires approximately 4 minutes to complete.

No prior appointments are necessary; individuals are encouraged to visit the venue during opening hours. Should there be a brief wait to use the machine, the RSL offers a delightful selection of coffee and cake throughout the day, in addition to a variety of meals available in the recently renovated bistro from 12pm to 2pm for lunch and 5:30pm to 8pm for dinner. Why not enjoy a meal while taking advantage of your free Shane Warne Heart Health Check!