



**MENS HEALTH
AWARENESS BALL**



MEN'S HEALTH AWARENESS BALL

**20 JUNE
2025**
**DOLTONE HOUSE
DARLING ISLAND, SYD**

CHARITY SPONSOR
**25STAY
ALIVE.**

FINANCIAL REPORTING SPECIALISTS (FRS) AND 25 STAY ALIVE ARE EXCITED TO INVITE YOU TO SPONSOR THE 7TH ANNUAL MEN'S HEALTH AWARENESS BALL!

When: Friday 20 June 2025, from 6.30pm

Where: Doltone House – Darling Island Wharf, Sydney

Dress: Black tie (preferred)

Join us for an unforgettable evening of live music, drinks and canapés, a three-course dinner, auctions, raffles, and more.

Find out more at www.menshealthawarenessball.com

SPONSORSHIP OPPORTUNITIES

Table sponsorship— \$3,000 + GST

- One sponsored table (10 guests)
- Logo featured throughout the event
- Half page ad in the souvenir brochure
- MHAB 2025 website acknowledgment
- An investment in corporate social responsibility and corporate citizenship

Platinum sponsorship—\$10,000 + GST

- Three sponsored tables of 10 (30 guests)
- Logo featured on the media wall and throughout the event
- Half page ad in the souvenir brochure
- MHAB 2025 website acknowledgment
- An investment in corporate social responsibility and corporate citizenship

If you would like to become a sponsor or if you would like more information, please contact:

- Sarah Cox: **0412 134 967** / Sarah.Cox@frs.com.au
- Vik Bhandari: **0411 091 263** / Vik.Bhandari@frs.com.au
- Hugo Toovey: **0430 107 552** / Hugo@25stayalive.com

DONATIONS

If you are unable to join us, please consider donating at <https://mhab2025.raiselysite.com/>

ABOUT THE CHARITY

25 STAY ALIVE is an Australian charity on a mission to empower people to take control of their physical and mental health earlier in life—starting at 25 and continuing for life.

Founded by Hugo Toovey in 2025, after surviving two cancer diagnoses in his twenties, 25 STAY ALIVE exists to shift the focus of preventative healthcare to young adults. The organisation champions early detection, regular self-checks, and annual GP visits to prevent serious health issues before they arise.

Never stop checking. Don't wait until it's too late.

WHY YOUR SUPPORT MATTERS

Right now, too many young Australians are being diagnosed with preventable illnesses—because they didn't take action early enough.

25 STAY ALIVE exists to change that.

By sponsoring the Men's Health Awareness Ball, you're helping launch a movement that puts prevention first—empowering young people to take control of their health before it's too late.

Your support will directly fund programs that educate, raise awareness, and provide critical health services to save lives.

WHERE THE MONEY GOES

Funds raised through the Men's Health Awareness Ball will support 25 STAY ALIVE's life-saving initiatives, including:

- **Workshops** – equipping young adults with tools to manage their health
- **Health Campaigns** – raising awareness around early detection and health checks
- **GP Health Checks** – providing free health assessments at events and workplaces
- **Community Programs** – driving preventative health initiatives across Australia

ABOUT THE FOUNDER

Hugo Toovey is the founder of 25 STAY ALIVE, an Army Major, and a passionate advocate for both physical and mental health. He has previously served as MC and keynote speaker at the Men's Health Awareness Ball—and now returns with his own charity as the official charity partner for 2025. Hugo's lived experience has made him one of Australia's most engaging health advocates. Through his powerful keynotes and personal story, he inspires others to take action early, embrace perspective, and make every day count.

Learn more about 25 STAY ALIVE by visiting www.25stayalive.com