



Greg Millan, Men's Health Consultant

MEN'S HEALTH PROMOTION TRAINING | PROJECT MANAGEMENT

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## BIOGRAPHY

Greg Millan is one of Australia's leading experts on men's health and wellbeing with over 32 years experience in the men's health promotion area. He has developed and implemented many health programs, professional training sessions, and community events and developed resources covering a wide range of male health and wellbeing issues.

Greg is a social work trained health educator who has worked for over 37 years in Government, non-government organisations and the private sector. He is currently involved in various men's health & wellbeing projects and is the author of ***"Men's health & wellbeing: an a – z guide"***

## CURRENT AREAS OF INVOLVEMENT

Vice President, Treasurer and Public Officer, Australian Men's Health Forum Inc.

Casual Academic, School of Medicine and Public Health, University of Newcastle

Member, Ten to Men (the Australian Longitudinal Study on Male Health) Community Reference Group

Affiliated Member, Australian Association of Buddhist Counsellors and Psychotherapists

Member, Social Determinants of Health Alliance

Member, Board of Advisors, Men's Health Network USA

Support Group Leader, Shine a Light Support Group for men with cancer

Completed Men Alive Men's Health Training Course USA 2015

He has been a men's health writer for several publications over the last twenty years and produces **emale** Australia's largest circulation free monthly men's health and wellbeing ebulletin. Greg published ***"Men's health & wellbeing: an a – z guide"*** in 2010. It is a first on three levels, the first a- z guide to men's health and wellbeing; the first book written by a highly experienced men's health promotion worker and the first comprehensive book to look at men's health in the context of men's lives: their physical, emotional, social, psychological, spiritual and cultural environments. The book has been highly praised around Australia in health and lifestyle journals and online.

"A new book ***"Men's health & wellbeing: an a – z guide"*** shows us how far men have changed and are changing. Greg Millan's book is written in very simple, plain language, intended for the average Joe and his partner. It encompasses an enormous range of topics. Greg says we must help men better deal with services and encourage services to deal better with men. Let me stress how easy this book is to read. People want to read about their health in clear language that does not daunt them. This book should be in every doctor's waiting room and library. Teachers, men's health workers and other professionals will find it indispensable. Men's health is something everyone should work to improve."

**Peter West, PhD, is an educational consultant. He works in boys' education, men's health and relationships.**

"There are several men in private business delivering men's health education .... Greg Millan is by far the most published and cited individual in this area. With a background in social work, Greg primarily delivers programs and courses that adopt a social model of health. Greg also delivers health professional education on the same theme."

**Foundation 49 Men's Health Education Needs Assessment**

Please visit my [website](#) for an overview of my current consultancy services.