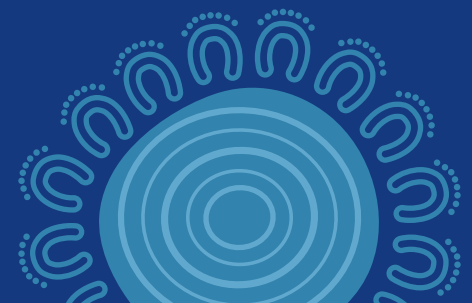




Get started  
on your health  
journey today



## Get Healthy Service

Call 1300 806 258

Monday to Friday 8am to 8pm  
Saturday 9am to 5pm


Register online at  
[gethealthynsw.com.au](http://gethealthynsw.com.au)



Free access to interpreter services and the National Relay Service are available.

Follow us on Facebook or Instagram

 Healthy Eating Active Living NSW

 [healthyeatingactivelivingsw](https://www.instagram.com/healthyeatingactivelivingsw)

SHPN (CPH) 230344  
SKU ADL23  
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## Get Healthy Service

Keeping mob healthy





If you're over 16 years of age, live in NSW and would like to have better health, the Get Healthy Service is for you.

Our free program supports Aboriginal and Torres Strait Islander people who want to make a change to improve their health and wellbeing.

Our Aboriginal health coaches will help you to:

- eat healthily
- stay active
- improve your wellbeing
- manage your health while living with health conditions such as type 2 diabetes or cancer
- drink less alcohol
- access support to quit smoking

## What are the benefits?

We'll help you set health goals that matter to you and give you support to stay on track.

Eating well and keeping active can help you:



keep your bones and muscles strong



improve your sleep, mood and wellbeing



boost your energy levels



manage or lower your risk of disease



reach and stay at a healthy weight



## What's involved?

The Get Healthy Service fits in with your life. You will get coaching over the phone and online at times that suit you, plus extra support through emails and texts.

When you join the Get Healthy Service, you'll get:

- support from Aboriginal health coaches
- 6 or more regular phone and video coaching calls
- tools and guides to help you stay on track
- help to get through any blocks to reaching your health goals
- reminders about appointments

