



# Get Healthy Service

## Keeping mob healthy

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 or lower your risk of disease
- drink less alcohol
- access support to quit smoking



SHPN (CPH) 240024  
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Call 1300 806 258  
Monday to Friday 8am to 8pm  
Saturday 9am to 5pm  
Register online at [gethealthynsw.com.au](https://gethealthynsw.com.au)

