



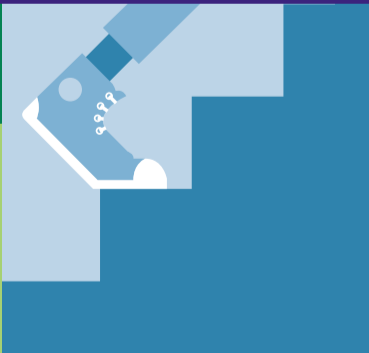
Get Healthy in Pregnancy

Keeping mob healthy through pregnancy

Our free program supports Aboriginal and Torres Strait Islander people to stay healthy during and after pregnancy.

Our Aboriginal health coaches will help you to:

- eat well and keep active
- improve your health and wellbeing
- stay on track and motivated
- stay within a healthy pregnancy weight range
- avoid drinking alcohol
- return to a healthy weight after birth
- access support to quit smoking



SHPN (CPH) 240025
SKU AGHIPPOS23
February 2024
© NSW Health

Call 1300 806 258

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

Register online at
gethealthynsw.com.au/pregnancy

