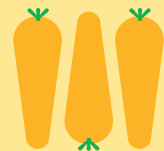


Get Healthy Service

Health
coaching for
older adults



Healthy
ageing



Get Healthy Service health coaches are qualified and offer free support and tools to help you improve your health.



Reach and stay a healthy weight



Eat healthy



Drink less alcohol



Be physically active



Sign up online, ask your health professional for a referral, or call to register.



Benefits of healthy eating and physical activity as you age

- ✓ improve your energy levels and concentration
- ✓ strengthen your bones and muscles
- ✓ improve your balance and lower likelihood of falls
- ✓ manage or lower your risk of chronic diseases like heart disease and diabetes
- ✓ help to give you more independence
- ✓ improve your mood and sense of wellbeing



Contact information

Call **1300 806 258**

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

gethealthynsw.com.au

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

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