



# Stay strong, independent and active

Our health coaches give you caring and supportive advice to live a healthy lifestyle – for free. Receive up to 10 health coaching sessions to set and achieve your own health goals.

You can work with your health coach to:



Develop healthy eating habits



Be more active



Improve strength and balance



Reduce your risk of falls



Drink less alcohol



Manage or lower your risk of chronic health conditions



Get started today

Refer online at [gethealthynsw.com.au/refer](https://gethealthynsw.com.au/refer) or via electronic medical record (eMR) or other medical software

