get healthy ®

Information & Coaching Service

"I want to be healthy!"

- Learn healthier eating habits
- Learn to be more active
- Make healthier choices
- Receive expert personal coaching
- Maintain a healthy weight

Simply phone:

1300 806 258

Monday - Friday 8am - 8pm

Free interpreter services available

www.gethealthynsw.com.au

NSW GOVERNMENT | **Health**