

**FREE**  
NSW Health Service

# get healthy<sup>®</sup>

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](http://www.gethealthynsw.com.au)



Health