



“I love talking to my coach. She is such a positive person and she gives me confidence to reach my goals, even when they are only small.”

Louise, 64  
Mid North Coast Local Health District  
Aboriginal Get Healthy Service



Start a yarn all about your mob getting healthy today

**1300 806 258**

Mon – Fri / 8am – 8pm

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

 NSW Get Healthy Service



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SHPN (OPH) 190338

Get healthier for your mob

**FREE**  
PHONE HEALTH COACHING SERVICE



## About the Service

The mob at Get Healthy provide a **FREE**, confidential phone coaching service for men and women aged 16 years and over.

A health coach will help you:



Eat healthy foods



Get active and stay active



Reach a healthy weight



Have a healthy weight gain in pregnancy



Drink less alcohol and not smoke



## What the Get Healthy mob offer

- Your own health coach
- Aboriginal Liaison Officer available
- Up to 13 coaching calls
- Motivation and support to set healthy lifestyle goals
- Information and resources
- Option to join again or try SMS coaching

## Getting healthy is just a phone call away

## Benefits



Reach a healthy weight



Have better sleep



Have more energy



Feel less stressed

Speak to your Aboriginal Health Worker or GP to join today

