

Get healthier for your mob

Start A Better Health Journey Now!

FREE
NSW Health Service

- Eat Healthier
- Exercise More
- Feel Better

And we'll help you along the way.



So call the Get Healthy Service on **1300 806 258**.
It's Free! Or ask your GP, local Aboriginal Medical
Service or Health Clinic to refer you today.

Call **1300 806 258**
www.gethealthynsw.com.au