

# Get support to get healthy



**FREE**  
NSW Health Service

- Get your own expert health coach
- Achieve and maintain a healthy weight

- Make healthier eating choices
- Be more physically active



Health

Call *Get Healthy!* Mon–Fri 8am–8pm  
**1300 806 258**  
[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

*get healthy*<sup>®</sup>  
Information & Coaching Service