

FREE

get healthy[®]

Information & Coaching Service



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

Call **13 HEALTH** (13 43 25 84)

Monday to Friday • 8am – 8pm

Free interpreter services available



**Queensland
Government**

www.gethealthyqld.com.au