

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



Health

get healthy

Information & Coaching Service

1300 806 258