



Healthy living programs and services for children, youth, families and older adults

0-6 years



Free nutrition and feeding workshop and information for parents and carers.

 picnic_nsw  picnic_mnc

7-13 years



Free program to support children and families to become fitter, healthier and happier. Aboriginal programs and multicultural translators available.

12-18 years



A free 6-month healthy lifestyle text message support program, open to all young people aged 12-18 years who have an active mobile phone.

 Health4MeStudy

16+ years

Get Healthy Service

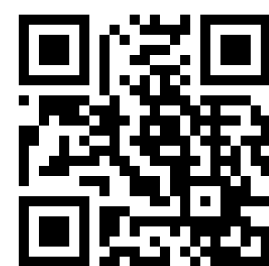


Free phone coaching to provide support with nutrition, exercise, diabetes, weight management, alcohol reduction and pregnancy. Aboriginal service and multicultural translators available.

45+

Stepping On

A free falls prevention program for people 65 years+ and Aboriginal people 45 years+.



45+

Healthy and Active for Life Online

A free 10-week healthy lifestyle program for people aged 60 years+ and over and Aboriginal people 45+.



All ages



Phone support to quit smoking, including support in pregnancy. Access local support at: mnclhd-hp@health.nsw.gov.au

All ages



Free walking groups available all over Australia, open to any age or fitness level.