

Healthy living programs and services

Community Programs

0-6 years

7-13 years









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

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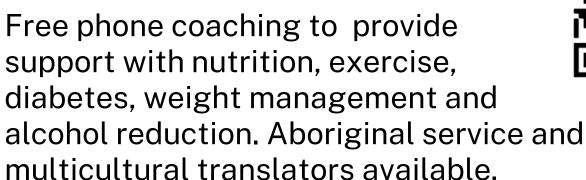
The Picnic Project

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

16+ years

16+ years

Get Healthy Service





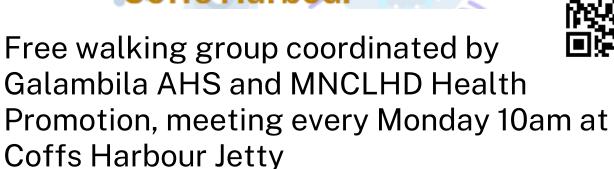
Get Healthy in Pregnancy

Free phone coaching to provide support with healthy eating and physical activity during pregnancy. Aboriginal service and multicultural translators available.

18+

45+







Healthy Ageing Online Learning

Learn about healthy eating, getting active and falls prevention at your own pace from the comfort of your own home.



All ages

All ages







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





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





Healthy living programs and services

Services and Resources

0-5 years

5-12 years

Tips and resources to support healthy families





The NSW Government Healthy Eating Active Living website contains lots of helpful information and resources around keeping families healthy.

Kilometre Club Hub

Kilometre (KM) Club is a school-based physical activity program that provides children with the opportunity to run, walk or jog on an outside course at a designated time of day. Check out the online hub for more information about the program.

5-12 years

Healthy eating resources for primary school children





Our website provides a range of healthy eating, healthy lunchbox and healthy canteen resources aimed at children aged 5 to 12 years.

5-18 years

Active Kids and First Lap Vouchers

The Active Kids and
First Lap voucher programs
provide \$50 vouchers for parents, guardians, and carers of school-enrolled children to use towards sports and active recreation and swimming costs this year.

12-25 years

Youth Vaping Information Hub

Online information hub for parents, teachers, community organisations and young people with up-to-date, evidence-based information and resources to support young people to quit





All ages

Support to stop smoking and vaping





We offer a range of programs and information to help you stop smoking or vaping. Check out our page for information and links.



vaping.