



Healthy living programs and services

Community Programs

0-6 years



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

picnic_nsw The Picnic Project

7-13 years



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

16+ years

Get Healthy Service



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

16+ years

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+



Free walking group coordinated by Galambila AHS and MNCLHD Health Promotion, meeting every Monday 10am at Coffs Harbour Jetty

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



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.



Healthy living programs and services

Services and Resources

0-5 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.

5-12 years

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 vaping.



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.