

If you're waiting for a sign **THIS IS IT**

Sign up today for **FREE**
NSW Health programs

There's something for everyone!
English, multilingual and Aboriginal programs
available across Western Sydney.



Scan here for information in your language.



Families

FREE translated healthy lifestyle tips.

- Healthy food and drinks
- How to be active
- Managing screen time

FREE support to help you quit smoking and vaping

Call Quitline today **13 78 48** or scan here to join a supportive community to help you quit for good.



- Breathe easier
- Sleep better
- Improve sense of taste & smell
- Improve healing and recovery



For families with 7-13 year-olds

Go4Fun, Go4Fun Online and Aboriginal Go4Fun

- Make friends
- Learn healthy eating habits
- Try fun games & activities
- Build confidence
- Be more active

Scan here for a **FREE** program.



Put your health first and feel the benefits! Scan here for details:



Older Adults

Gentle exercise and health coaching to support healthy and active ageing.

Face-to-face and online programs available.

Healthy and Active for Life (60+ years)
Stepping On (65+ years)
For Aboriginal people (45+ years)

- Improve your strength & balance
- Make friends
- Feel happier
- Stay independent

Adults

Personalised telephone-based health coaching.

Get Healthy (16+ years) and **Get Healthy in Pregnancy**

Scan here for the **FREE** Get Healthy service, providing support and motivation to help you reach your healthy lifestyle goals.



- Feel happier & energised
- Maintain a healthy weight
- Easy meal ideas
- Manage alcohol intake

Need someone to talk to?



Call Lifeline on **13 11 14** or chat online



Kids Helpline **1800 55 1800**

We'd love to hear from YOU!



For enquiries on these free programs, phone:

(02) 9840 3603



Centre for Population Health,
Western Sydney Local Health District

