



A 10-week online program



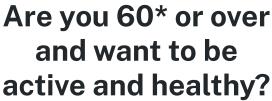
Exercise videos to do at home each week



Online healthy eating and lifestyle sessions



Support from a trained Phone Coach



Join our free online healthy lifestyle program in Term 4!

## Starting 10 October 2022

Find out more and register at: www.activeandhealthy.nsw.gov.au

Questions? Email the Northern Sydney team at NSLHD-HAL@health.nsw.gov.au Or scan the QR code for local information.



\*Aboriginal people aged 45+ can register.



