

Healthy and Active for Life Online



What's included?



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

**Are you 60* or over
and want to be
active and healthy?**

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.

