

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

SPRING INTO ACTION!

Join our free Healthy and Active for Life Online program in Term 4!

Starting 2 October 2023

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

Questions? Email the Northern Sydney team at
NSLHD-HAL@health.nsw.gov.au

*Aboriginal people aged 45+ can register.

