

FREE
NSW Health Service

get healthy[®]

Information & Coaching Service

“I want to be healthy!”



- Get your own expert health coach
- Make healthier eating choices
- Be more physically active
- Achieve and maintain a healthy weight

Simply phone:

1300 806 258

Monday - Friday 8am - 8pm

If you need to speak to an interpreter, call the Translating and Interpreting Service on 131 450 and ask for the Get Healthy Service

www.gethealthynsw.com.au



Health