


FREE
telephone service

get healthy[®]

Information & Coaching Service

- 
- Learn to be more active
 - Make healthier choices
 - Learn healthier eating habits
 - Receive expert personal coaching
 - Maintain a healthy weight

1300 806 258

Monday - Friday 8am - 8pm

www.gethealthy.sa.gov.au

Free interpreter services available



Government of South Australia
SA Health

*A joint Australian, State and Territory initiative under the
National Partnership Agreement on Preventive Health.*