

Get support to get healthy



FREE
telephone service

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



Government
of South Australia

SA Health

Call *Get Healthy!* Mon–Fri 8am–8pm
1300 806 258
www.gethealthy.sa.gov.au

get healthy[®]
Information & Coaching Service
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