

**FREE**  
telephone service

# get healthy<sup>®</sup>

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

Free interpreter services available



Government of South Australia  
SA Health

[www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au)