

FREE HEALTH PROGRAM AT THE SHED ROCHERLEA

It's never been easier to look after your own health in ways that will work for you.

Healthy Shed is a fun and easy way to get the support you need to live a healthier life.

**FREE BBQ
AT FIRST
SESSION!**

Every Tuesday at 1.00pm
30 July – 29 October 2019
Fun, free, easy

The Shed, 12 King Billy Crescent, Rocherlea.

THE DEAL

14 free sessions including:

- Easy ways to be more active
- Tips and tricks for healthier eating
- Know your local services
- Managing your mental health
- Back pain management
- Looking after your financial health
- Understanding medications plus more

OTHER STUFF

- Families and friends welcome
- Come to one session or come to them all
- Wear comfortable clothing and shoes
- Arrive 10 mins early (12:50) to each session
- This program is designed for adults

CONTACT

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PROJECT PARTNER

Project management by



**HEALTHY
TASMANIA**

www.healthytasmania.com.au

HEALTHY SHED

 @nscctas.org.au

July - October 2019, The Shed Rocherlea



Date	Day	Time	Activity	Provider
30.7.19	Tuesday	1.00-2.00pm	Team work and program introduction	Healthy Tasmania Pty Ltd
6.8.19	Tuesday	1.00-2.00pm	What does health literacy mean?	Healthy Tasmania Pty Ltd and Starting Point Neighbourhood House Ravenswood
13.8.19	Tuesday	1.00-2.00pm	Local Services	<ul style="list-style-type: none"> Northern Suburbs Community Centre House of Prayer Men's Bizz New Horizons
20.8.19	Tuesday	1.00-2.00pm	Stress management/relaxation	Fit n Kicking
27.8.19	Tuesday	1.00-2.00pm	Understanding your medication	Capital Chemist Mowbray
3.9.19	Tuesday	1.00-2.00pm	Back pain management	The Active Effect
10.9.19	Tuesday	1.00-2.30pm	Food REDi 1	Red Cross
17.9.19	Tuesday	1.00-2.30pm	Food REDi 2	Red Cross
24.9.19	Tuesday	1.00-2.00pm	Diabetes Education	Diabetes Tasmania
1.10.19	Tuesday	1.00-2.00pm	All about the NDIS	BaptCare
8.10.19	Tuesday	1.00-2.00pm	Financial Health	Aussie Home Loans
15.10.19	Tuesday	1.00-2.00pm	Respectful relationships	Relationships Tasmania
22.10.19	Tuesday	1.00-2.30pm	Self-Care and overview of 'Wellways to Health'	Wellways
29.10.19	Tuesday	1.00-2.30pm	CELEBRATION BBQ – health checks, hearing checks and final survey	Healthy Tasmania Pty Ltd

HOW TO REGISTER?

Just turn up on the day to participate or pre-register today via one of the options below:

1. Complete a paper-based form at the session **OR**
2. Register online at <http://www.healthytasmania.com.au/Registration> **OR**
3. Fill in your details just ONCE by downloading the "I'm In by Healthy Tasmania" phone app available on iOS and Android. Then simply bring your phone along to a session and scan the QR code on your phone with the session coordinator's phone

