





Free healthy living support

Program*	What to expect	How does it work
 <p>Stepping On <small>Clearance & Senior's (2017)</small></p>	<ul style="list-style-type: none">✓ Falls Prevention program for 65y+✓ Exercises to improve leg strength and balance✓ Talks on fall risk factors	<ul style="list-style-type: none">• Online, from your own home• Program run during school term time• Duration: 7 weeks• Call 1800 823 002
 <p>Healthy and Active for Life</p>	<ul style="list-style-type: none">✓ Healthy lifestyle program for 60y+✓ Tips and information on healthy living✓ Strength & balance circuit exercises	<ul style="list-style-type: none">• Online + telephone coach, from your own home• Program run during school term time• Duration: 10 weeks• Call 1800 823 002

* Delivered by the Health Promotion Service, SESLHD

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Service*	What to expect	How does it work
	<ul style="list-style-type: none">✓ Tailored support for healthy lifestyle▪ Healthy eating▪ Physical activity▪ Healthy weight▪ Reducing alcohol intake	<ul style="list-style-type: none">• Confidential telephone coaching in English and Chinese• Up to 13 calls over 6 months• Interpreters available• Call 1300 806 258
	<ul style="list-style-type: none">✓ Customised assistance to help with quit smoking attempt	<ul style="list-style-type: none">• Telephone support• Free call back service• Aboriginal and Multilingual (Arabic, Chinese, Vietnamese) advisors• Interpreters available• Call 13 78 48

*Promoted by the Health Promotion Service, SESLHD