

Healthy Habits

Support for people who want to develop healthy habits for improved health and wellbeing

Healthy Habits is a wellbeing program that supports the development of long-term sustainable healthy habits. Healthy Habits Care Coordinators walk side-by-side you to identify the health factors you need support with; in order to create a healthy lifestyle - this may include:

- Nutrition, physical activity or mental health
- Tailored health and wellbeing groups
- Linkages with health and wellbeing services

This service is available to community members in the Riverland, Limestone Coast and Murray Bridge.

Want to know more?

Referrals are received from GPs, community organisations and other health professionals. Alternatively, community members can refer themselves.



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