

HEALTHY FOR ME, MY FAMILY AND MY COMMUNITY



Gold Coast Aboriginal
& Torres Strait Islander
Partnership Advisory
Council



ABORIGINAL & TORRES STRAIT
ISLANDER COMMUNITY HEALTH
NATIONAL COORDINATING OFFICE



A healthy lifestyle means that we choose to eat healthier and participate in regular physical activity so that our body and soul are more alert and respond better to the everyday stresses that affect us. Sometimes these healthier lifestyle choices can be a challenge and we need encouragement to help make the changes. So talk with your Doctor or Health Worker today to begin making the changes you need for a healthy lifestyle.



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KARULBO
ALL TOGETHER
"Strong + Deadly
Community Partnerships"



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