

ADULT HEALTHY WEIGHT GROUP PROGRAM



ACT Health is hosting a series of free healthy weight groups for adults who are ready to get more out of life!

This evidence-based program is a 2 ½ hour group session held on the same day, at the same time for 4 weeks.

- You will receive practical advice on diet, being aware of hunger cues and understanding portion size.
- Each of you will develop an activity plan to help you be active.
- A dietitian, social worker and physiotherapy assistant will use fun activities to teach you mindful eating, confidence building and being your own health coach.

You need to attend an Adult Healthy Weight Introduction Session prior to enrolling in this evidence-based program.

To book into the Adult Healthy Weight Group Program or Introduction Session call Community Health Intake on (02) 6207 9977.

For further information call Community Health Intake on (02) 6207 9977 or online: www.health.act.gov.au