



What do Aboriginal Health Promotion do?

Our team of Aboriginal Health Workers are always here for a yarn. When you need help we can refer you to the appropriate health services.

We run programs that proactively address health issues, bring mob together, get us moving, learn new skills and encourage healthy lifestyle choices.

Why do we do it?

Aboriginal people are 2.3 times more likely to get a chronic disease

We connect with mob in community through culturally appropriate services. Preventing disease is the best way to stay healthy.

What is health for Aboriginal people ?

'Health' for Aboriginal people is a balance between physical, mental, emotional, cultural and spiritual wellbeing.



What programs are available?

The programs being offered are unique to each community and change often. Contact your nearest Health Worker to discuss the programs available in your community. **Places are usually limited so call today to secure a spot.**

What do I need to do to be involved?

To participate in healthy lifestyle programs participants are required to:

- Get a health check through a local AMS or GP Service
- Complete the local program registration form

This is to ensure you are safe to participate and protect our community.

How do I get involved?

Get in touch with your local Aboriginal Health Worker to find out what's happening near you. Call the phone number on the back page of this brochure.



Our Traditional Custodians

We acknowledge the Traditional Custodians of the lands and waters where we work and live. We pay respect to the Ancestors and Elders of these Nations, and to all Aboriginal people past, present and future.



How do I contact Aboriginal Health Promotion?

The team in Aboriginal Health Promotion are available from 8am to 4.30pm, Monday to Friday. Contact the nearest office to find out what is happening in your area:

Tweed Heads	(07) 5506 7597
Ballina	(02) 6620 6243
	(02) 6620 6125
Lismore	(02) 6620 7557
	(02) 6620 2740
Casino	(02) 6660 0695
Coraki	(02) 6683 9157
Grafton	(02) 6641 8724
	(02) 6640 0123

**Let us mob
know
you're here**



Health
Northern NSW
Local Health District

**Aboriginal Health
Promotion**

*Engaging community with
healthy lifestyle programs*