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Participants are supported to identify and make healthy life choices.

Programs provide information and practical experiences around nutrition, physical and mental health.

Specific activities focus on:

- Healthy eating - learning to identify meal choices
- Learning to make healthy meals and portion control
- Practising good hygiene when preparing food and after meals
- Sports and activities
- Communication and self-care practices

## HEALTH AND WELLBEING

Participants are then able to experience health and wellness activities, in a safe and supervised setting.

Participants are able to take home information and tools to use at home.

For more information, call and speak to Karina Piro on (08) 8562 4855.