

Healthy Heathcote



Want to join a health challenge but find them too expensive?

The “Healthy Heathcote 90-Day Challenge” could be for you!

Local naturopath, Emily Zytaruk is passionate about helping people be healthy and I have partnered with her to bring you the **FREE** Healthy Heathcote 90-Day Challenge!

Each week we will release a short video giving you a small task for the coming week explaining why it is important and how it can change your health. Throughout the week you can ask questions or share recipes and stories on the Healthy Heathcote Facebook page. The next week you will be issued your next task. All tasks will be small and easily achievable, but put together will result in a big lifestyle change.

STARTS APRIL 27

[Register now](#) and you will be notified by SMS alert and email each week when the next video is released.

Also, the [“What’s-On”](#) guide provides information on activities being held throughout the Heathcote Electorate encouraging you to get active and perhaps try something new. If you are thinking of starting a walking group or other activity in your area, contact the office and we will put the details on the calendar for others to join you.

If you are a community group or business providing activities

that may suit the program, please contact the office to discuss.

As always, I encourage you to utilise the links on this page to access:

- “Get Healthy” – NSW Health’s free personal telephone health coaching service
- Heart Foundation Walking Program
- Diabetes NSW for healthy recipes and information about diabetes

[REGISTER NOW](#)