



A Healthy Lifestyle Program for Aboriginal and Torres Strait Islander Communities

Eating healthy food and
being active can improve
your health as well as
the health of your family
and community.

If you are over the age
of 18 years and want to
learn how to be healthier,
improve your self esteem
and shopping for the
family come along to a
Living Strong Program.

**TOMORROW
PEOPLE**

Australian Better Health Initiative

A joint Australian, State and Territory government initiative

For more information about Living Strong visit
www.healthqld.gov.au/lightenup/living_strong/
or visit your local health service.



Queensland Government
Queensland Health



A Healthy Lifestyle Program for Aboriginal and Torres Strait Islander Communities

If you are over the age of 18 years and want to learn how to be healthier, improve your self esteem and shopping for the family come along to a Living Strong Program.

Eating healthy food and being active can improve your health as well as the health of your family and community.

**TOMORROW
PEOPLE**

Australian Better Health Initiative
A joint Australian, State and Territory government initiative

For more information about Living Strong visit
www.healthqld.gov.au/lightenup/living_strong/
or visit your local health service.



Queensland Government
Queensland Health