

Lifescrpts and the Adult Health Check

Keeping you Healthy



I threw away the smokes – for me and the kids



A healthy feed can be easy and taste good too



Things are ok since I cut back on the grog



I like going for a bit of a walk now



I feel better with some of this weight off

This service is taking part in **Lifescrpts** – a national program for a healthier you

We're talking to our patients about healthier living

Ask your Health Worker or GP how you can get more out of life



Lifescrpts

Advice for Healthy Living