



Community Organisations Supporting Health and Wellbeing

FREE half day workshop

Hosted by Health Promotion Service, Illawarra Shoalhaven Local Health District

Wednesday 23 August 2017, 9.00am – 12.30pm

Macquarie Room, The Shellharbour Club

Light refreshments provided

Who is this workshop for?

- Staff & volunteers* of not-for-profit community organisations interested in supporting the health and wellbeing of clients, workers and community members

What will the session provide?

- Ideas to support health including healthy eating, physical activity and smoking reduction
- Examples of what other local organisations have done
- Information on access to health services, referral pathways and who to call
- Understanding of social determinants and other factors impacting health

Registration at:

<https://supporting-health-and-wellbeing.eventbrite.com.au>

Register early as places are limited. Registration closes 16 August

Further enquiries: Kellie Sale at kellie.sale@health.nsw.gov.au or 4221 6786

- *Maximum two volunteers per organisation
- 48 hours notice required for cancellation



Health
Illawarra Shoalhaven
Local Health District

**MAKE
HEALTHY
NORMAL**



illawarra *forum*