Connect • Be Active • Take Notice • Keep Learning • Give

Connect
With family, friends, colleagues and neighbours. At home, work, school or in your local community.

Be Active
Go for a walk, cycle, play a game, garden or dance. Discover a physical activity you enjoy.

Take Notice
Be curious. Catch sight of the beautiful. Savour the moment. Be aware of the world around you and how you are feeling.

Keep Learning
Try something new. Learn to play an instrument or how to cook your favourite food.

Give
Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time.

Get Healthy
Get Healthy is a free telephone coaching service that supports you to take steps towards healthy eating, getting active and reaching a healthy weight.

Call 1300 806 258 today. No referral is needed.

The 5 Ways to Wellbeing
As life becomes busier, we’re realising how important it is to protect our mental health and wellbeing. The 5 Ways to Wellbeing are an easy way to improve your mental wellbeing no matter where you are or what time it is and in a way that suits you.

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public health week 8-12 April 2019

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CONNECT • BE ACTIVE • TAKE NOTICE • KEEP LEARNING • GIVE

To learn more about public health and the steps you can take to keep safe and well, visit sahealth.sa.gov.au/protectingpublichealth