

**FREE
PROGRAM**
FOR PORT MACQUARIE-
HASTINGS COMMUNITY

HEALTHY ME, HEALTHY COMMUNITY

A SOCIAL CONNECTION PROGRAM LINKING YOU TO
LOCAL ACTIVITIES AND INFORMATION, HELPING YOU TO
BE HAPPIER, HEALTHIER AND BETTER-CONNECTED!



**DO YOU WANT TO FEEL
MORE CONNECTED TO
YOUR COMMUNITY?**



**WOULD YOU LIKE TO MEET
NEW FRIENDS, PARTICIPATE
IN COMMUNITY ACTIVITIES,
AND LEARN NEW SKILLS?**



**WOULD YOU LIKE TO
EXPLORE WHAT IS
AVAILABLE FOR YOU IN
YOUR COMMUNITY?**

If you answered yes to any of the above, and you're over 18 years of age and you live in the Port Macquarie-Hastings region, you may be eligible for this **FREE** program.

**START BUILDING
YOUR COMMUNITY
CONNECTIONS TODAY**

Call 1300 987 215,
visit feroscare.com.au/healthyme
or email hmhc@feroscare.com.au



HOW TO USE A QR CODE

1. Open the camera on your phone.
2. Point the camera at the QR code.
3. In a few seconds a small banner will appear.
4. Tap the banner on your phone screen.

**HEALTHY
NORTH COAST**

phn
NORTH COAST
An Australian Government Initiative

feros care
GROW BOLD

This program is funded by Healthy North Coast through the North Coast PHN program and is delivered by Feros Care.