

**FREE
PROGRAM**
FOR PORT MACQUARIE
RESIDENTS

HEALTHY ME, HEALTHY COMMUNITY

**A 15-WEEK SOCIAL CONNECTION PROGRAM, 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?**



**DO YOU WANT TO FEEL
MORE CONFIDENT?**

If you answered yes to any of the above, and you're over 18 years of age and you live in the Port Macquarie 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.