# 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**

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