

HEALTHY BODIES HEALTHY MINDS

*Do you want to increase your knowledge of health & fitness?
Do you want to feel confident about cooking healthy meals
and exercising in a gym?*

JOIN OUR 8 - WEEK PROGRAM

This program is especially tailored for people living with or recovering from mental health challenges.

EACH WEEK YOU RECEIVE:

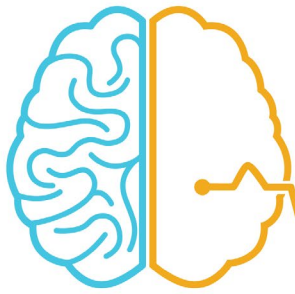
1hr **Health & Nutrition** Group Session
1hr **Exercise** Group Session
+ GYM MEMBERSHIP

This program is run in partnership with PCYC Queensland and Richmond Fellowship Queensland (RFQ). The group sessions are held once a week and are delivered by an exercise physiologist and dietitian.

EXERCISE COMPONENT of the program is about improving your gym confidence and exercise knowledge so you feel equipped with the skills to write your own exercise program and meet your goals.

HEALTH AND NUTRITION session is about improving your food confidence, practical knowledge and enjoyment of healthy food.





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WHO CAN JOIN?

The program is available for NDIS participants with improved health and wellbeing or improved daily living skills funding.

Find out more about Healthy Bodies Health Minds, including when the next program will be run and how to register by visiting: <https://pcyc.formstack.com/forms/referral>

The program is offered 4 times a year in each region based on school term dates.

CONTACT US

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