



INDIGENOUS WELLBEING CENTRE



What is Lighten Up?

The *Lighten Up to a Healthy Lifestyle and Living Strong* Programs are healthy lifestyle group programs for adults over 18 years of age who want to improve their health. The Living Strong program is designed for Indigenous men and women. Both programs will assist people to eat well and be active, manage stress and make long term behaviour changes to support a healthy lifestyle. All Queenslanders who are at risk of chronic diseases, such as diabetes or heart disease are eligible to participate in this community based healthy lifestyle program.

Participant Benefits?

Lighten Up and Living Strong will assist participants to learn to:

- prepare and enjoy healthy food
- discover enjoyable ways to be physically active
- overcome problems and set goals
- cope with stress
- feel better about themselves
- develop a support network to help sustain new healthy lifestyle habits

Cost?

The program is funded by Queensland Health and is very affordable. Total cost for community members is \$35 per person and \$46 per couple which includes the *Lighten Up* book, healthy catering and workshop sessions. The *Living Strong* program is free for Aboriginal and Torres Strait Islander clients.

How to Access the Programs?

Please contact:

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