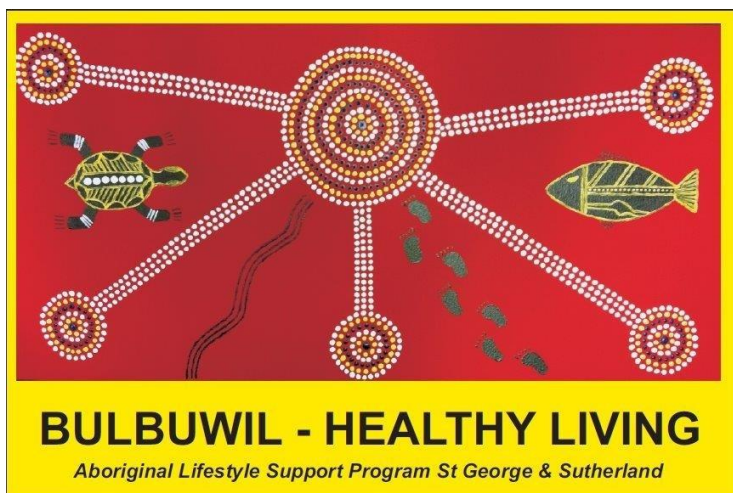


Bulbuwil Aboriginal Healthy Lifestyle Program



Bulbuwil- Dharawal for Healthy Living

Bulbuwil is a free healthy-lifestyle program for Aboriginal and Torres Strait Islander people (aged 15yrs +) and their families who are at risk of or have a long-term health condition and resides within the Sutherland Shire and St George areas.

We run a variety of fun healthy lifestyle groups in the community. Our health team can provide individual tailored advice on minimising the impact of long-term conditions.

We can provide:

- Health information for long-term conditions (heart, lungs, diabetes)
- Access to a Dietitian & monthly cooking class
- Access to physical activity groups
- Smoking cessation
- Diabetes information
- Eye health check clinic

Our team

- Aboriginal Health Worker
- Registered Nurse
- Dietitian
- Exercise Physiologist

You can self-refer or be referred by a GP or any other health worker, you will need a GP clearance for exercise groups.



Benefits include:

- Social and cultural engagement
- Increased fitness
- Reduced risk of diabetes
- Improved mental and heart health

Contact us:

Phone: 02 9540 8181 or 0409 731 923

facebook.com/bulbuwil

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