

HEAL PROGRAM

HEALTHY EATING AND LIVING

The HEAL program is a five week program that provides an avenue for young people (aged 15-25yo) to learn healthy cooking and build on other independent living skills.

The program includes presentations from NESAY staff and other local service providers. Topics include; budgeting skills, mental health support, drug and alcohol support, positive relationships and local community supports available.

The program is free to attend. Participants must commit to attend for one half day per week for 5 weeks.

At the end of the 5 sessions, participants will receive a Certificate of Attainment and a gift hamper of mixed kitchen items.

For more information please contact the NESAY HEAL Program Coordinator, Hayley Crisp on:
P: (03) 57202201 | M: 0400 485 909



Dates:

- Every Wednesday
- 10th OCT - 7th NOV
- 10am – 1pm

Venue:

Albury Wodonga
Community College
63 High Street,
Wodonga, Victoria



NESAY acknowledges the support
of the Victorian Government