

Social and Emotional Support Services

Healthy Me

Healthy Me is an eight-session group program. Healthy ageing strategies and assistance are provided, to support and maintain optimum physical and mental wellbeing.

The program covers a wide range of topics including:

- / Good nutrition
- / Regular meditation and relaxation
- / The importance of maintaining an optimistic outlook
- / Healthy self esteem
- / Social connections
- / Regular exercise

Participants gain knowledge and strategies to increase agility and stability, build confidence, identify personal goals, appreciate life and have fun – empowering them to live life to the fullest.

Am I eligible to use the services?

Healthy Me is a group available for people who are over 65 years of age, or over 60 years of age with an age-related illness. Carers of people who fit these criteria are also eligible.

When and where?

Healthy Me groups are available across all metropolitan areas of Adelaide. Please contact us for specific times and locations.

What does it cost?

Fees will be discussed at the time of enquiry.

Contact details

If you would like more information, please contact our metropolitan community services team:

Phone: 1300 444 663

Email: HealthcareServicesSocialWorkersDL@helpinghand.org.au

