

# HEALTHY SHED™



## ARE YOU TRYING TO ENCOURAGE YOUR MEMBERS TO TAKE MORE NOTICE OF THEIR HEALTH?

- Healthy Shed is an evidenced-based program that has been successfully delivered at multiple men and community sheds in Tasmania.
- We will connect your members to existing services providers in the community by bringing them to you!
- This program is suitable for any men's shed or community group.

## THE DEAL

Based on consultation with your members sessions could include:

- Physical activity
- Healthy eating and cooking
- Mental health
- Back pain management
- Financial health
- Understanding medications
- Breaking down the National Disability Insurance Scheme (NDIS)
- Understanding suicide
- Quit smoking
- How health literacy can help decision making
- Chronic disease management (diabetes, cancer, heart disease)
- Respectful relationships
- Stress management and mindfulness
- Drugs and alcohol
- Sleep
- Wound management

### General information

- Face-to-face or online delivery mode, typically 12-14 weeks
- Schedule adapted to meet the needs of each community
- Hands-on, fun and interactive sessions
- Delivered by a local Tasmanian company in partnership with multiple community organisations.



## TO FIND OUT MORE

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