



HEALTHY LIVING & NUTRITION

Looking to make a healthy change?

Building Choices Home & Community Care has developed an individualised and flexible independent skills development program to increase your understanding about healthy lifestyle choices. It includes diet, exercise and relaxation advice. There is no prerequisite to join this group.

"Creating greater Opportunities"

Who can participate?

Anyone with appropriate NDIS funding. You can also self-fund if required.

When does this training start?

As soon as you are available. Our staff can arrange a time that suits you.

Who facilitates this group?

Our groups are facilitated by our trained and professional support staff.

Contact us today to get started!

T| 02 4610 1952

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