

# Nutrition and Healthy Living



## Would you like to live a healthier lifestyle?

Orana 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.

This program is suited to people of all levels of literacy. You will receive a workbook and a certificate upon completion.

**Who can participate?** Anyone with appropriate NDIS funding. You can also self-fund if required.

**Who delivers this training?** Orana has Developmental Educators and Client Development Coordinators who will spend time with you individually to help you feel more confident choosing healthier options.

**When can this training start?** As soon as you are available. Our staff can arrange a time that suits you.