

Health Champions!

- Are you passionate about health and wellbeing?
- Do you volunteer with people from CALD communities?
- Do you want to join others to make a difference in your community?



Become a Health Champion and help your community become healthier!

Health Champions are local people who:

- Promote healthy activities at their school, work, community group, sporting group or with friends and family
- Share health stories to help others take action.

Health Champions are people of all ages and backgrounds. The role is flexible with no minimum time commitment.

We will provide you with FREE training, certificate of completion, resources and on-going support.

Training sessions will cover:

- Healthy Eating
- Physical activity
- Other health topics of interest
- Mental Health
- Project Management
- Leadership Skills

For more information or to register your interest, contact Sydel Fernandes on (03) 9792 7935 or sydel.fernandes@monashhealth.org

