

Like to find out more?

To find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number:

5338 4500

Ballarat City Centre

710 Sturt St

Ballarat East Centre (APROTCH)

Cnr Queen St & Dyte Pde

Sebastopol Centre

260 Vickers St

Wendouree Centre (Cooinda)

10 Learmonth Rd

Administration

PO Box 1156, Bakery Hill VIC 3354

T 5338 4500

F 5331 5470

E info@bchc.org.au

W www.bchc.org.au

Promoting
health and **well-being**
in Ballarat and the region

Promoting health and well-being and preventing illness throughout Ballarat and the region

The Health Promotion Team at Ballarat Community Health conducts programs to raise awareness and provide information on healthy lifestyle choices.

We provide:

- Health information
- Education
- Seminars
- Workshops
- Presentations
- Displays

We cater for:

- Individuals
- Groups
- Schools
- Workplaces
- Organisations

For further information please call our central number:

5338 4500

- **Live a healthy and balanced lifestyle**
- **Be active**
- **Develop positive friendships and relationships**
- **Maintain a sense of mental wellbeing**
- **Participate in your community**
- **Consume alcohol responsibly**
- **Live smoke free**
- **Be sunsmart**

