

# Aunty Jeans Program

## What is the Aunty Jeans Program?

The Aunty Jean's program is a weekly meeting of Aboriginal people who are interested in improving their health and wellbeing. Everyone gets a personal health check and plan and every week people get:

### To check their:

Blood Pressure  
Blood sugar level  
Weight

### To exercise:

Individual and group exercise programs including walking programs  
Physical assessments  
Culturally appropriate information sharing and goal setting

### To receive information:

Group and individual relaxation information and training on health conditions and healthy lifestyles

*All of our Aboriginal Health services are FREE for eligible clients*

**Contact**

Central Coast Primary Care

02 4365 2294  
ccpc@ccpc.com.au

[www.ccpc.com.au](http://www.ccpc.com.au)

*Ask for Aunty Di*

**Aunty  
Jeans  
Program**

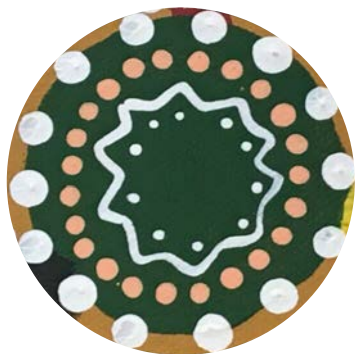




## Who can Join

Aboriginal and Torres Strait Islander people who have:

- Heart problems
- Diabetes
- High Blood Pressure
- Kidney Disease
- Chronic Obstructive Pulmonary Disease
- Or other chronic conditions.



## Purpose

The Aunty Jean's Program provides health promotion and education on how to manage health conditions. The program will also help participants understand healthy lifestyles and behaviours.

**When:** Every Monday and Wednesday  
**Time:** 10am to 2pm . Lunch is provided

**Venue:**

**Mondays:** MINGALETTA, UMINA BEACH

**Wednesdays:** Hamlyn Terrace Community Centre, Hamlyn Terrace

Transport may be available.

## Program Benefits

The Aunty Jeans program includes:

- Regular health checks
- Exercise plans
- Physical health assessments
- Education on chronic health problems
- Support to access other services
- Yarning with friends and making new friends

## Program Outcomes

Participants of the program can expect the following outcomes:

- Improvement in managing own health conditions and supporting others
- Information provided is culturally sensitive and includes personalised physical activity and support focusing on individual goal setting
- Increased understanding of different chronic conditions and how a change in lifestyle can improve health
- Increased ability to know what services are available and who to talk to for support

*The Aunty Jean's Program is also able to provide services to people with an NDIS package.*

*This program is dedicated to Aunty Jean Morris for her courage and commitment in promoting healthy lifestyles within the Aboriginal community.*