

# Aunty Jean's Program

## What is the Aunty Jean's 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.

## Every week people get to:


- Check their:
  - Blood Pressure
  - Blood sugar level
  - Weight
- Exercise and educate:
  - Individual and group exercise programs including walking programs
  - Physical assessments
  - Culturally appropriate information sharing and goal setting


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


**ALL OF OUR ABORIGINAL  
HEALTH SERVICES ARE FREE  
FOR ELIGIBLE CLIENTS**





## CONTACT US

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# Aunty Jean's Program

*Ask for Aunty Di*

This program receives funding support from  
NSW Rural Doctors Network.



NSW RURAL DOCTORS NETWORK  
CELEBRATING 30 YEARS



CCPC acknowledges  
Traditional Land Owners



All welcome here



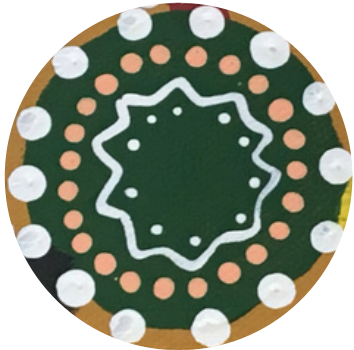
Coast & Country  
**PRIMARYCARE**  
*Better Health - Better Life*



### 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.

**Mondays:** Mingaletta, Umina Beach

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

**Time:** 10am to 2pm

Lunch is provided.  
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.