



An invitation to join the free DVA Heart Health Program

The Department of Veterans' Affairs (DVA) is offering a 52-week program designed to improve physical health and wellbeing for returned service members, peacekeepers and those covered under the ADF firefighter scheme.

You may be eligible to join a Heart Health Program group with other participants at a facility in your local area, **Varsity Lakes/Robina, Qld** and run by the team at **Atkins Health team**.

We currently have some interest in getting a group started and need a few more registrations to get the group started.

If you would like to **register** to join this group, contact the team at **Corporate Health Management** who manage the program on behalf of the Department of Veterans' Affairs on **1300 246 262**.

The free Heart Health Program aims to help you increase your physical health and wellbeing through exercise, nutrition, and lifestyle management support. It is a 52-week program that includes physical activity sessions each week and 12 health education seminars.

The program covers a range of topics including:

- setting healthy goals,
- nutrition and diet,
- lowering alcohol consumption,
- developing better sleep patterns
- stress management,
- diabetes,
- taking care of your body,
- managing your weight,
- and maintaining a healthy heart.

Am I eligible?

The Heart Health Program is open to all returned service members and peacekeepers and those covered under the ADF firefighter scheme. All participants need to get a medical clearance form, provided by the program, completed by their GP before starting.

If you have participated in a program before, you are welcome to register again.

How do I register?

For more information contact the people at **Corporate Health Management** on **1300 246 262**, or visit <https://www.veteranshearthealth.com.au/>