

Link To Wellness



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**Improve your health & wellbeing with
a social prescription tailored for you**

Link to Wellness is a social prescribing initiative that works by linking people to groups and supports within their community including support organisations, classes and activity groups, volunteer and education opportunities.

Our link worker can support you to:

- ◆ Connect with your community
- ◆ Improve your mental wellbeing
- ◆ Get involved and active
- ◆ Be healthy & well
- ◆ Explore hobbies and interests
- ◆ Get support with finances

Link to Wellness is a FREE service for people aged 18 years and older who live, work or spend time in Hobsons Bay.

For more information

Email: community@ljac.com.au

Phone: 0448 808 792

Web: www.ljac.com.au/link-to-wellness

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