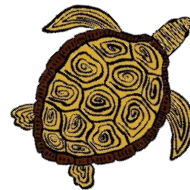
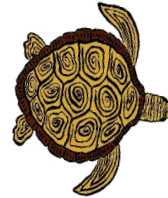
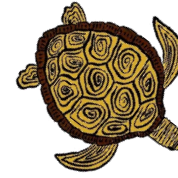


## What is Health Promotion?

Health Promotion is the Process of enabling people to increase control over, and improve their health.

It is about working towards improving and maintaining the health of people.



50 George St

Bowen Q 4805

Phone: 47 861 000

Email: [pwhite@girudala.com.au](mailto:pwhite@girudala.com.au)

**Youth Health Promotions**

**Program**

**Girudala Community**

**Co-operative Ltd**



**Keeping Fit**

**Keeping Healthy**

**Keeping Strong**



### OUR GOAL

Our Youth Health Promotions Program aims to improve and maintain the overall health and wellbeing of the youth in the Bowen District.

Health Promotions also aims to increase individuals and communities control over their health and quality of life.

### STRATEGIES

This program is aiming to provide information sessions and fun activities relevant to health issues, such as Childhood Obesity and Nutrition, Alcohol and Substance Abuse, Sexual Health, Mental Health and Diabetes.

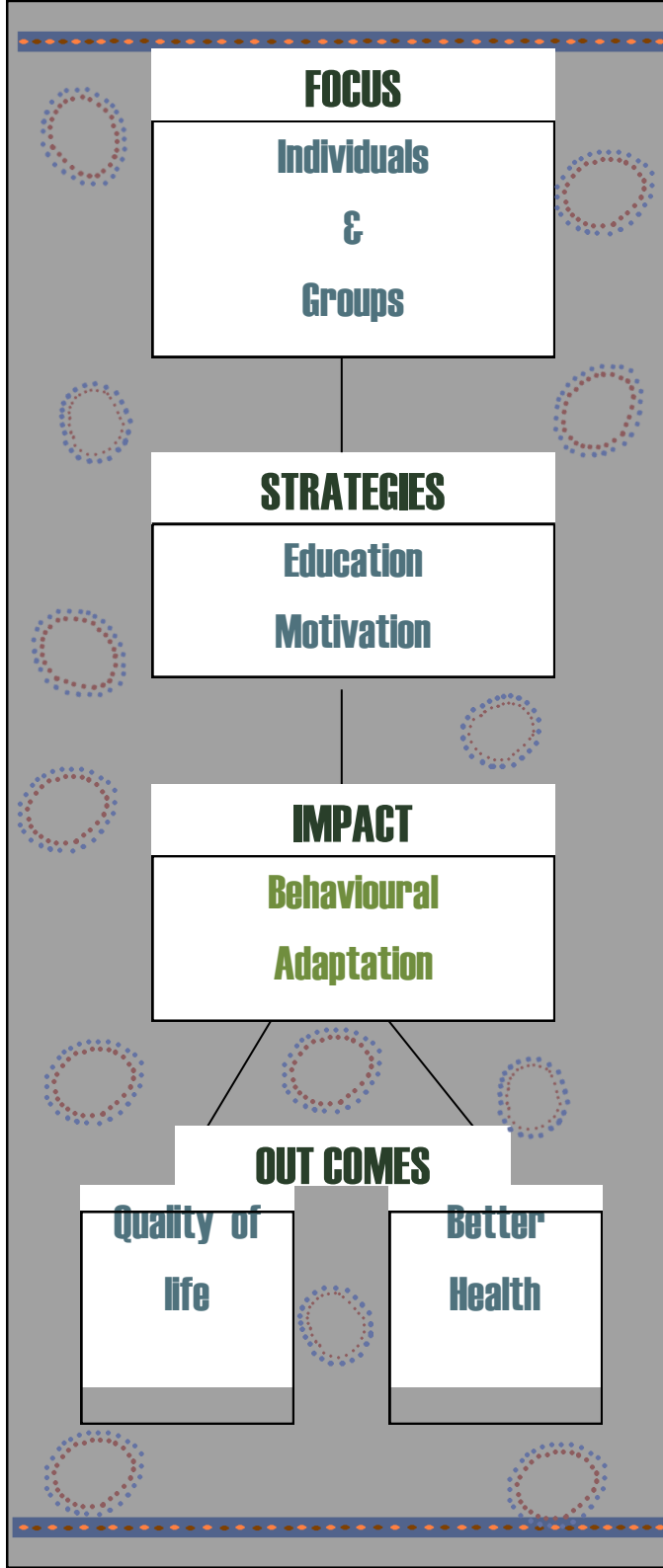
For more information on programs and activities contact the Youth Health Promotion Officer at

Girudala on Ph: (07) 47 861 000

Email [pwhite@girudala.com.au](mailto:pwhite@girudala.com.au)



Youth Health Promotions "Diabetes Awareness Workshop"



### Youth Health

### Promotion Programs and Activities Include

- Food And Nutrition
- Drug And Alcohol
- Sexual Health
- Health Screenings.
- Whos the Man.
- Boys to men.

Programs are for all youth of  
our community.

