

HEALTHY SHED™

WHERE PEOPLE AND HEALTH SERVICES MEET



**HEALTHY
TASMANIA**

Healthy Shed is an evidence-based program that brings local services into men's sheds to help members better support their overall health and wellbeing. It's suitable for any men's shed or community group, sessions are co-designed with members and has been successfully running across Tasmania since 2018.

WHAT?

Based on consultation with your member's sessions could include:

- Physical activity
- Healthy eating and cooking
- Mental health
- Back pain management
- Financial health
- Understanding medications
- Breaking down the National Disability Insurance Scheme (NDIS)
- Understanding suicide
- Quit smoking
- How health literacy can help decision making
- Chronic disease management (diabetes, cancer, heart disease)
- Respectful relationships
- Stress management and mindfulness
- Drugs and alcohol
- Sleep
- Wound management

HOW?

- Face-to-face or online delivery mode, typically 12-14 weeks
- Schedule created to meet the needs of each community
- Hands-on, fun and interactive sessions
- Delivered by local Tasmanian company in partnership with community organisations and existing services



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