



Central Coast
Local Health District

Healthy Bites Episode 34 – Healthy Ageing Online Learning

Hi, I'm Mitch from the Health Promotion Service at Central Coast Health, and I'm here to tell you about a free new online platform where you learn about healthy eating, getting active and falls prevention from the comfort of your own home.

Yes, NSW Health's new Healthy Ageing Online Learning hub is here, and it can help you.

The hub includes:

- eight online learning modules with quizzes
- two online exercise programs designed for beginners with videos you can follow along at home
- factsheets with helpful tips and information
- and an exercise manual and logbook with images and easy-to-follow instructions.

It's all available on the Active & Healthy website. You don't need to register or log in to access the learning. Just search 'Healthy Ageing Online Learning' at any time that suits you.

And what's more, it's all completely free. What's not to love?