

SAVE THE
DATE!

Do you care about the health of our children?

Do you want to make the healthy choice the easy choice?

Do you want to create the town that YOU want?

If you answered yes to any of these questions then WE NEED YOU!

COMMUNITY WORKSHOP

MAKE THE HEALTHY CHOICE THE EASY CHOICE

CHOOSE TO CHANGE COLAC!



The *Choose to Change Colac* Community Workshop is an exciting new and innovative approach about making the healthy choice the easy choice for everyone in the Colac Otway Shire.

Like many communities across Australia, in Colac, when it comes to healthy eating and physical activity, the healthy choice is not the easy choice! The *Choose to Change Colac* workshop is about the whole community coming together to make changes so that the healthy choice is the much easier choice, especially for our children.

This approach is ambitious and we need your involvement to make it a reality, starting with your participation in the community workshop to explore together, the changes that the Colac Otway community has the power to make.

Real-time, reliable and accurate data has been collected with the assistance of Deakin University and has shown that far too many of our children in the Colac Otway are not at a healthy weight and are not making good food and activity choices.

As a community, we need to come together and act now before these choices have significant negative consequences for our children including impacts on their life expectancy, quality of life, educational attainment and financial outcomes.

Professor Steven Allender and his team from the Global Obesity Centre (GLOBE) at Deakin University are supporting and sharing their knowledge with the Colac Otway community to take this innovative, world leading approach.

Be part of the change YOU want to see in the Colac Otway —Choose to Change Colac!

WORKSHOP DETAILS

When: Thursday 7th September 2017

Where: COPACC, 95-97 Gellibrand St, Colac VIC 3250

● Option A: 9.30am-1.30pm (Lunch provided)

● Option B: 5.00pm—9.00pm (Dinner provided)



For more information or to register

Erin McClusky: (03) 5232 5347 or emclusky@cah.vic.gov.au

RSVP Essential

Bring along your children or enquire about our childcare arrangement options