

enjoy time with
your friends!

Enjoying the company of others - friends, family, neighbours - helps us to be happy and healthy. Chatting, having a laugh and sharing with those around you builds connections and support in our community and promotes a positive state of mind. Get involved, get connected and enjoy some good times.

Visit eatmovesmile.shdh.org.au for local stories and pictures to do with good food, active fun and community interests.



eat. move. smile.
fruit & veg more often together