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Youth Support Services in collaboration with the team from Deadly Choices will be running the Deadly Choices program weekly at PCYC Rockhampton.

Deadly Choices is a community based program focused on healthy lifestyles choices and healthy role modelling.

The program encourages indigenous people to be healthy role models for family, friends and their communities.

Deadly choices will work with the 8 key areas –

- Leadership
- Chronic Disease
- Smoking Cessation
- Nutrition
- Physical Activity
- Harmful Substances
- Medicare & Access to Primary Healthcare
- Healthy Relationships

The program will meet commencing Monday 10th October till the 31st October 2016 from 09.30 to 12.30 at the PCYC YSS Rockhampton.

Lunch will be provided at the end of each session.

The Deadly Choices program primarily targets young people who identify as Aboriginal and Torres Strait Islander.

Positions are limited so if you know of a young person who would benefit from the Deadly Choices program please feel free to contact YSS or alternately fill out the Referral Form attached.

Regards

April Mist

Youth Support Services Coordinator

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