The University of South Australia
and FocusOne Health

WOULD YOU LIKE TO DISCOVER YOUR HEALTH AGE?

FREE HEALTH AGE ASSESSMENT

We are offering a **free** assessment of your health age across **two sessions**. Health age is based on how healthy your body actually is. So, whilst you may be 40 years old, your health may mean you're actually 60 (but don't worry, we can help you change this). This is a fun and free way to see how healthy your body actually is.

When:

Session #1: 22/3/22

Session #2: 17/5/22

@ Keith Institute

45 minute session between 9:30am to 4:30pm

Scan for more information

Bookings are limited. For more information and to book, please either:

- scan the QR code above
- follow the link: https://redcap.link/unisaREACH **or**
- contact **Henry Blake** on **8302 1254**

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INTEGRATED WELLBEING SERVICE

Murray Mallee General Practice Network

SUMMIT HEALTH

FocusOne Health

The Integrated Wellbeing Service is a partnership initiative of FocusOne Health, Summit Health and Murray Mallee General Practice Network.

University of South Australia

This project has been approved by the University of South Australia's Human Research Ethics Committee (ethics number: 204401).