

# Staying Connected and Remaining Active

**Country Health Connect understands that staying active and engaged in the community is an important part of remaining well and independent.**

**Keeping up existing friendships and connecting with new people is particularly important in rural areas — we can help you meet and make friends, learn new skills and be more physically active.**

Country Health Connect holds activity groups in centres across South Australia.

We offer everything from arts and crafts and cooking classes to music, dancing, outings and exercise programs. Information sessions are held on topics like technology and nutrition.

All of our centres offer nutritious snacks and meals.

## **Community activities**

Many of the Country Health Connect centres are linked with other community services, like men's sheds, craft groups, women's groups and special interest groups. You can use these well-established connections to expand your social network and spend time with like-minded people of all ages.

We can help provide transport to the centre and events and link you to other groups within your area. Wheelchair-accessible buses are available.



Activities on offer include:

- Cooking classes
- Outings and movie trips
- Arts and crafts
- Picnics in the park
- Gardening and outdoor activities
- Assisting clients to navigate web based technology through computers and phones
- Exercise activities and health and fitness tips

We offer flexible days and times:

- Full day
- Half day
- Short sessions
- Lunch only

You can choose to attend whatever session suits you best.

## **Costs**

There is a small cost to attend, depending on the session you are participating in. These costs are subsidised by the Commonwealth Government.



**COUNTRY  
HEALTH  
CONNECT**

**Call us on 1800 944 912**

**[www.countryhealthconnect.sa.gov.au](http://www.countryhealthconnect.sa.gov.au)**

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**Government  
of South Australia**

SA Health