



# Staying Strong

Do you want to improve your health?

Do you want to learn about telehealth services?

Are you Aboriginal and Torres Strait Islander?

Are you aged over 50 years?

**The Staying Strong telehealth hub could be for you**

## Staying Strong Telehealth Hub

Now operating at the

New England Medicare Local

Every Monday

10.30am – 12.30pm

At the telehealth hub you can have your vital health signs measured and learn how to look after your health with a Registered Nurse

The New England Medicare Local is located at 219 Rusden Street, Armidale

For more information about the **Staying Strong** project drop into the telehealth hub or contact Angela Lambert at [integratedliving](mailto:angela.lambert@integratedliving.com.au) on 0427 764 946

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