

Gunditjmara Aboriginal Cooperative: a healthy, deadly organisation!

The Victorian Aboriginal Community Controlled Health Organisation (VACCHO) Nutrition group had a yarn with Ken Brown, Tackling Indigenous Smoking and Aboriginal Health Worker, at [Gunditjmara Aboriginal Cooperative](#) in Warrnambool. Gunditjmara supports a smoke free and sugary drink free environment to make the healthy choice the easy choice for Community members.

Gunditjmara is celebrating [World No Tobacco Day](#) on the 1st of June. This year, the focus of World No Tobacco Day is tobacco and heart disease. The campaign seeks to raise awareness of the link between tobacco and heart disease and how the risks to heart health posed by tobacco can be reduced.

Gunditjmara will have a petting zoo at their Community Day with native animals including dingoes, lizards and snakes! There will also be face painting, quit smoking and health information available and mini health checks. Check out their flyer below.

TOBACCO BREAKS HEARTS
Choose health, not tobacco
31 MAY: WORLD NO TOBACCO DAY #nolobacco

Jamie & Kim's Mobile Zoo
TAKE A WALK ON THE WILD SIDE

EXPERIENCE THE MOBILE ZOO
THE BRING AUSTRALIAN WILDLIFE TO YOU

Kooramook Playgroup

Call Quitline 137848

Tackling Indigenous Smoking

World No Tobacco Day

Community Day

This event is a Smoke & Sugar free Day

1st June 2018

Harris St Reserve

10-30am-2pm

Lunch provided

Come and join us to celebrate this special day

We will have Jamie & Kim's Mobile Zoo

Face Painting

Give away

Raffles

Quit Smoking & Health information

Mini Health Checks

Community members will be provided with VACCHO #DrinkWaterUMob refillable water bottles and drinking water will be supplied. The event will be smoke free and sugar free and is promoted as a healthy Community Day. There will also be a healthy feed!

Community members can also pick up a refillable water bottle from reception at the Gunditjmarra Health Service and at the Cooperative. They're always a big hit and go really quickly!



"It's great to see clients walking down the street carrying the water bottles with them."

*Ken Brown,
Gunditjmarra Aboriginal Cooperative*

Gunditjmarra will run a fitness boot camp again soon but this year it will be held inside instead of outside in freezing conditions. The wind chill factor in Warrnambool can be extreme!

For more information, contact:

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