



Living Life to the Full in the Eastern Fleurieu

The Milang Progress Association just appointed Don Chapman, the new "Life with Gusto" Project Officer, to be based at Milang Old School House Community Centre. He will work to improve the health and well being of adults, young people and children in the Eastern Fleurieu region by working together to create clever ways for people to eat healthy, be physically active and live life to the full. The Eastern Fleurieu is defined by the towns of Ashbourne, Clayton Bay, Milang, Strathalbyn, Langhorne Creek and all areas in between.

With the support of the Australian Government Department of Health and Ageing, Strathalbyn & District Health Service, Eastern Fleurieu Schools and Milang Old School House Community Centre, individuals, families, schools, community organisations and businesses will be encouraged to participate in fun activities, events and programs that encourage physical health and well being.

Some Future Gusto Activities

- Establishing kitchen/community gardens
- Encouraging healthy school lunch boxes
- Promoting health and well being programs in schools
- Supporting "Something to do on Saturday" for children who don't play organised sport
- Encouraging canteens, sports clubs, community groups and businesses to support physical health & healthy food choices of members and customers
- Enhance and create breakfast club programs

Open Invitation to join the Life With Gusto Reference Group

Residents & organisations with an interest in improving the physical activity and healthy eating of our communities are invited to participate in the management of this exciting project by joining the Reference Group. In particular, we are looking for people who are active in education, health, local government, service clubs, community centres, sporting clubs and local business or can represent youth, parents, the aged or the disadvantaged.

Tasks will mainly include attending meetings and advising and assisting the Project Officer to plan events and activities. To learn more about the Project contact Don Chapman, Life with Gusto Project Officer, Milang Old School House Community Centre, 8537 0687, 0488 092 508, don.gusto@moshcc.com.au.

Objectives of the Life with Gusto Project

To improve the health and well being of families in the Eastern Fleurieu region including Strathalbyn, Clayton Bay, Milang, Langhorne Creek and Ashbourne.

To increase participation in physical activity across the community.

To increase knowledge about nutrition and healthy eating.

To improve quality of food that children have in their lunch boxes.

To increase number of families sharing fun physical activities.

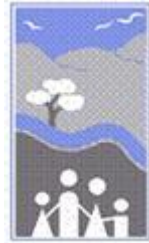
To increase awareness in the community of steps to take to increase health and wellness.

To train community groups to be proactive regarding future planning for health and well being.



LIFE WITH GUSTO

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Strathalbyn & District
Health Service



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