

## RACGP Healthy Habits Program

### Social post and newsletter banner for practices



### Suggested copy options to accompany post:

- Our clinic has registered for the RACGP Healthy Habits program to help support patients looking to make positive lifestyle changes. Get in touch with us about Healthy Habits now.
- Ask us about how the RACGP Healthy Habits program can help you make positive lifestyle changes.
- Develop a personalised plan with your healthcare team to make positive lifestyle changes. Get in touch with us about Healthy Habits now.
- Work with your GP and healthcare team to set personalised nutrition, physical activity and sleep health goals in the RACGP Healthy Habits app. Ask us about Healthy Habits today.