

Wellbeing Certificate

APPLY NOW

Join a FREE 8 week program to strengthen your wellbeing muscles. Places are limited.

APPLY BY
30 JUNE
2023

1. Curious? Find out more at www.wellbeingaction.org
2. Read the Program Overview www.bodc.tas.gov.au/community/health-and-wellbeing/.
3. Apply using this form. Return your form to Council as soon as you can and no later than 5pm Friday 30 June 2023.

Prefer to chat? We would love to! Connect with Leah Page at Break O'Day Council on 6376 7900 wellbeing@bodc.tas.gov.au 32-34 Georges Bay Esplanade St Helens TAS 7216 to chat about how we can make this opportunity work well for you.

Please tell us a little bit about yourself.

You can fill this form using the 'Fill and Sign' feature in Adobe Reader. Page 1 of 2.

Name:

Age:

18-39 40-59 50-69 70-89 90+

If under 18 contact us for more information.

Township:

Phone:

Email:

Something you proudly do in the community (this may be your job or another role/activity):

Why do you want to do the Wellbeing Certificate? (150 words or less).

What is something you love about Break O'Day? (150 words or less).

What is a wellbeing hope you hold for your community? What might be different, or what is possible? (200 words or less)

In the program, you will develop a small project to nurture wellbeing in your community. Do you have a project idea or a group that you would like to work with? (200 words or less). We know your ideas will change along the way.

How did you hear about the Wellbeing Certificate?