



KEEPING THE BODY in MIND program

- **Free service for people aged 18 to 65 living with severe mental illness**
- **Up to 8 sessions with an accredited exercise physiologist and 8 sessions with a dietitian**
- **Additional exercise and dietary resources beyond these sessions**

The Keeping the Body in Mind program has a track record of delivering lifestyle interventions targeting the physical health of people living with mental illness.

This program is for people living with severe mental illness (eg. schizophrenia, schizoaffective disorder, major depressive disorder, bipolar disorder) who are not currently managed by public mental health services. We are based at the UNSW Lifestyle Clinic, Randwick. This service is only available to those within the Central and Eastern Sydney PHN.

CONTACT US

Phone: 0401 979 228

HealthPathways: Physical Activity Requests – Adults
(accessed via the Mental Illness tab)

Or provide this flyer to your GP

GP referral Link: <https://redcap.link/kbimprimary>

Funded by



UNSW
SYDNEY