

# DEADLY CHOICES EDUCATION

The eight week program is delivered in a flexible manner to suit school environments and timetables, and addresses healthy lifestyle topics such as:

- Leadership
- Chronic disease
- Tobacco cessation
- Nutrition
- Physical activity
- Harmful substances
- Healthy relationships
- Access and health checks





# DEADLY CHOICES SPORT

The Sporting events including the Murri Rugby Carnival is much more than rugby league as it also has a major focus on Health and Education. All players have to complete a Health Check as a requirement and for young people have good attendance at school (90%).





# DEADLY CHOICES INDIGEN

The Deadly Choices Indigenous Senior Games are a sporting competition for Aboriginal and Torres Strait Islander seniors who are 50 years and older. The games give elders the opportunity to socialise, exercise outdoors, meet new people, and reconnect with people who they have not seen in years.





# DEADLY CHOICES REMO

The Mount Isa Aboriginal Community Controlled Health Service (MIACCHS) Tackling Indigenous Smoking and Healthy Lifestyles team have been implementing the Deadly Choices and Good Quick Tukka programs to Indigenous communities in the Mount Isa region since February 2014.

