



## More information

### **i** Get in touch:

**The Mungulli Team**

Monday – Friday, excluding public holidays

☎ 1300 668 936

✉ GCHFirstNationsMungulli@health.qld.gov.au

📍 Robina Health Precinct,  
Level 2, 2 Campus Crt,  
Robina QLD 4226

Use QR code to  
visit our website



Gold Coast Health

# The Mungulli Yarn and Walk Program



Working together to achieve  
First Nations Health Equity.





## Yarn and Walk

The 'Yarn and Walk' program is a group based walking and education program that will help you to build healthy habits. The program provides you simple tools to improve your health and wellbeing. Healthy lifestyle yarns will help you and your family gain a better understanding of the importance of healthy eating, physical activity, and relaxation.

The program creates a culturally safe space for you to build social connections. The benefits of social connections and physical activity include:

- lower risk of anxiety and depression
- higher self-esteem
- strong and healthy relationships
- reduce risk of heart disease and stroke
- manage weight, blood pressure and cholesterol
- improve your energy and wellbeing
- prevent and control diabetes
- improve balance and coordination
- reduces stress and fatigue
- improve quality of life and wellbeing.

### To joining the Yarn and Walk program you need to:

- Torres Strait Islander person aged 18 years or older
- have a GP referral
- have a nursing and physiotherapist assessment with the Mungulli team.

### What should I bring:

- suitable walking shoes
- comfortable clothing
- a chair or rug to sit on,
- a healthy snack
- a bottle of water to keep hydrated
- sunscreen

### What to expect:

- a weekly yarn
- gentle warm up activities
- a 30-minute walk at your pace
- cool down activities
- good company.

## The Mungulli team is here to help

The Mungulli team offer a holistic approach to managing chronic conditions through programs for the First Nations community.

The Mungulli Yarn and Walk program is a new service which engages Aboriginal and Torres Strait Islander clients in an outside education and physical activity program.

The 'Yarn and Walk' program engages clients in education and physical activity with the support of the Aboriginal and Torres Strait Islander Health Multidisciplinary Team (MDT) which includes:

- Indigenous Health Worker
- Physiotherapist
- Better Cardiac Care
- Clinical Nurse
- Dietitian
- Nurse Navigator
- Pharmacist

*“Great place to walk and a good group of people to spend the morning with. I got a lot of information and enjoy attending each week”.*

*– Yarn and Walk Program Client*

