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Hope For Health (HFH) is a program based on Elcho Island helping Yolngu people across East Arnhem Land, NT, to transform their health. Hope For Health builds on traditional practice, with modern nutrition and experiential health education, changing the way Yolngu people see themselves and their power to make healthy choices for the reclamation of rom walngaw - the Yolngu way to vitality.

Through Hope for Health the Yolngu people could end the epidemic of chronic disease destroying their communities. In our first two years of operation the program helped more than 40 chronic disease sufferers to transform their health, creating widespread interest in our results and our culturally integrated methodology. In two years over 400 local Yolngu people have accessed nutrition education, cooking skills and exercise activities. Demand for our help stretches across Arnhem land and beyond. This program offers a real solutions for the Aborignal health crisis.

#### **JOIN the HFH family SPONSOR TODAY!**

We are asking you and your friends to join up as monthly sponsors of the program and become part of the HFH family. We will keep you informed and provide you with opportunities to be part of the program. As a committed sponsor, you are offering our program a stable future and directly contributing to a Aboriginal person's chance change their life through access to health retreats, health coaching, nutrition/cooking/lifestyle education, through a local Yolngu and mainstream professions working in partnership.

Without you and others supporting regularly, this incredible program will struggle to meet the urgent needs of the wonderful Yolngu community.

If you can't sponsor us, please join our newsletter, facebook or twitter and share far and wide.

Visit www.support.hopeforhealth.com.au to donate.
Subscribe to our newsletter via our website
www.hopeforhealth.com.au

## WARRIORS .

ALL DONATIONS ARE TAX DEDUCTIBLE!
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### LET'S GROW THIS YONGU HEALTH MOVEMENT!

Join hope for health as a monthly or one off sponsor and you'll be helping to establishing a permanent health and nutrition program on elcho island.

GET FULL DETAILS ONLINE, FOLLOW, SUBSCRIBE, SHARE AND JOIN







### BECOME A MAJOR GIFT SPONSOR!

FOR THOSE ABLE AND INTERESTED IN GIVING LARGER DONATIONS

EMAIL US AT: COMMS@WHYWARRIORS.ORG

TO FIND OUT MORE ABOUT OUR SPONSORSHIP PROGRAM