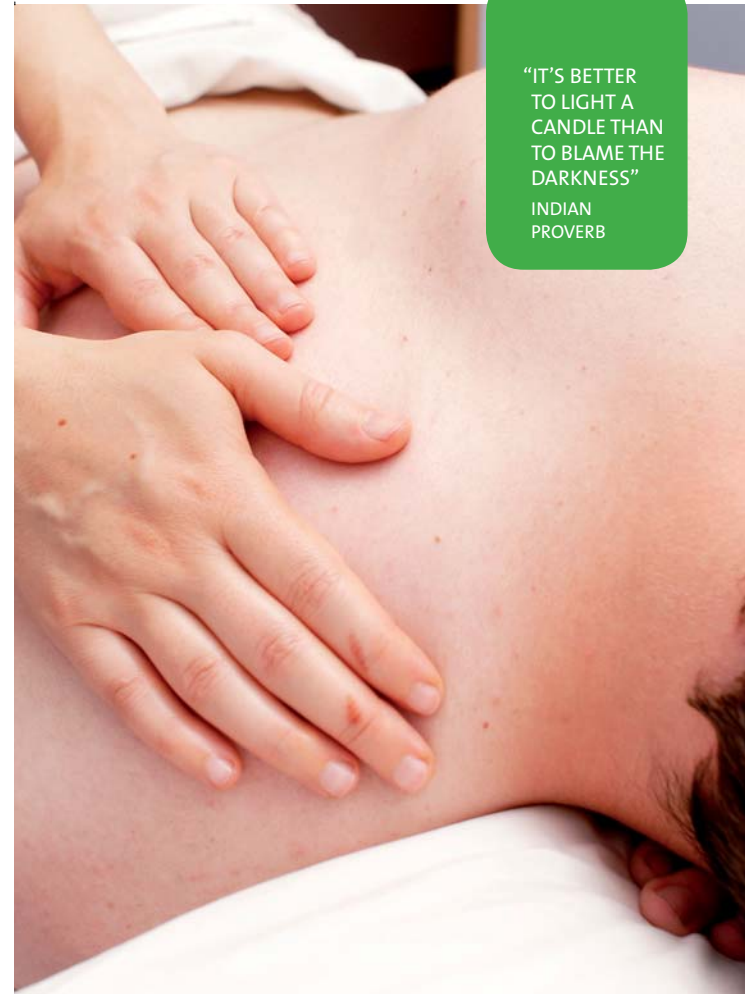




Hands On Health practitioners help hundreds of people each week through healthcare and accredited skills training, particularly in rural and remote communities where these services and training programs are not available. Ongoing evaluation of these services ensures that they continue to be responsive to the needs of the community.



"IT'S BETTER TO LIGHT A CANDLE THAN TO BLAME THE DARKNESS"  
INDIAN PROVERB

## Hands On Health Australia Community Volunteers Promoting Sustainable Health and Well being



- BRINGING HEALTH AND HOPE
- HELPING PEOPLE TO HELP THEMSELVES
- HELPING OUT THOSE IN NEED

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Community Volunteers Promoting Sustainable Health & Well-being



Hands On Health Australia is a not for profit organisation providing health and skills training to people in the community

## Hands On Health programs use skilled volunteers to serve communities in need.

We provide comprehensive, holistic health attuned to the special needs of disadvantaged people. We emphasise natural healing methods which address a person's physical, emotional and spiritual needs.

As well as alleviating physical ailments we aim to build self-esteem and restore dignity by encouraging people to solve their own problems and empower communities with skills and qualifications to assist their own people, thus rewarding both practitioners and clients.

We need more clinics, training programs and practitioners including chiropractors, dentists, dermatologists, general practitioners, massage therapists, naturopaths, nurses, nutritionists, occupational therapists, optometrists, osteopaths, physiotherapists, podiatrists, psychologists, social workers, speech pathologists and others.



### 3 WAYS YOU CAN HELP



#### VOLUNTEER YOUR SKILLS

Help out in an existing Hands On Health clinic



#### MAKE A DONATION

Donate money or equipment to an existing Hands On Health clinic or training program



#### START A NEW CLINIC

Begin a new Hands On Health clinic in your local community



## I want to help and empower communities by supporting Hands On Health Australia

Name .....

Address .....

.....Postcode.....

Phone (home) .....(work) .....

Email .....

Occupation.....

Donate to Hands On Health Australia (please tick)

- I'd like to set up a Hands On Health program
- I'd like to volunteer my skills to an existing program
- I'd like to make a tax deductible donation of:
  - \$500  \$100  \$50  \$10  other .....
- I enclose my cheque/money order payable to:
  - Hands On Health Australia

Credit Card

Exp. date

- MasterCard  Visa Card

Signature .....

Gifts of \$2.00 or more are tax deductible

**Thank-you for supporting Hands On Health**  
Please return this completed coupon & send to:

Hands On Health Australia  
PO Box 1266  
Lalor, Victoria 3075  
Australia

