



Year 12 students recently began *Deadly Choices*, a health education and capacity development course aimed at supporting participants to be positive role models and mentors for their family, peer group and community by leading a healthy lifestyle.

Delivered by Mackay Hospital and Health Service, the program comprises the following modules completed over eight weeks:

- Leadership
- Chronic Disease
- Smoking Cessation
- Nutrition
- Physical Activity
- Substance Misuse
- Healthy Relationships
- Importance of accessing local primary health care service

More information can be found on the *Deadly Choices* website: [www.deadlychoices.com.au](http://www.deadlychoices.com.au)

