

ICGA – Iraqi Cultural Group in Australia

Improve Health, Wellbeing, and Safety of the Community

Supporting people to do more physical activity significantly reduces the risk of depression, anxiety, stress disorder and psychosis. Encouraging healthier diets would lower the number of people at risk of depression.

Good health allows us to live our lives to the fullest, participate in activities we enjoy, and be there for the people we care about. Well-being, on the other hand, is a broader concept that encompasses our physical, mental, and emotional health, as well as our relationships and social connections. The development of a society, poor or rich, can be judged by its people's health, the equity of health across the social spectrum, and how well its weakest members are protected from the disadvantages of ill health.

Good health is an important enabler of positive family and community life. It enables people to participate in and contribute to society in different ways

This is the title and the concept of the event that ICGA – Iraqi Cultural Group in Australia has prepared to the community for more than 45 person including children, teenagers, senior and elderly people.

The event was held in Werribee on the 21st of April 2024.

The outcome of the event was significant good, all participants engaged and enjoyed the activities. There were lots of questions from the young people to the senior and elderly people, everyone shared their experience related to exercise, diet, stress, failure, and success. There were a bit of happy tears and sad tears, but we all enjoyed ourselves and learned from each other.













