

My health for life is a free behaviour change program designed for Queenslanders at high risk of developing a chronic condition and shows participants that making small lifestyle changes can have major health benefits.

The program works in partnership with general practice and is a practical extension of the advice given by GPs and nurses to their patients.



GPs and HPs can refer patients to the upcoming group sessions below.

Participants can choose to complete the program via face-to-face, video conferencing or telephone coaching.

Note: Participants can attend a VC session with a facilitator anywhere in Queensland.

Our team will assist participants in selecting a program mode, timeslot and location that suits their needs.

Patients can be referred using the practice software *My health for life* referral template or calling 13 74 75.

Date	Time	Provider	Facilitator	Suburb
Fri, 8 April 2022	09:00 am*	Prime Physiotherapy	Babita Gehlawat	Kenmore
Sat, 16 April 2022	09:00 am	Shine Physiotherapy	Vijayata Vijayata	Clayfield
Fri, 22 April 2022	11:00am	Nutrition Equipped	Cathy Purcell	Spring Hill
Thu, 28 April 2022	09:00 am	Wellness Nutrition Solutions	Dorelle Thompson	Bowen Hills
Fri, 29 April 2022	09:00 am	Wellness Nutrition Solutions	Dorelle Thompson	Bowen Hills
Sat, 7 May 2022	10:00 am	Merendi Health	Merendi Leverett	Ferny Hills
Wed, 11 May 2022	12:15 pm	Enable Health Clinic	Rebecca Stennett	Samford Valley
Wed, 1 June 2022	7:00 pm	Merendi Health	Merendi Leverett	Ferny Hills

Saturday, 4 June 2022	10:00 am	Nurture & Nourish Nutrition Counselling	Wendy Stevens	Brighton
Saturday, 11 June 2022	10:00 am	True North Wellness	Tamika Hassum	Albany Creek
Wednesday, 15 June 2022	09:00 am	UQ Healthy Living	Helen Beeley	Toowong
Monday, 20 June 2022	5:30 pm	Banyo Clinic	Heidi Morris	Banyo
Saturday, 16 July 2022	10:00 am	Merendi Health	Merendi Leverett	Ferny Hills

***Videoconference group**

For more information, visit myhealthforlife.com.au

Your local PHN can work with your practice to identify patients who are eligible for referral into the program. If you would like more information on how to get involved, please contact your area manager.