

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 their patients to the upcoming face to face or videoconference sessions (below) or one-one telephone coaching

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
Wednesday, 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, 4 June 2022	1:30 pm	Nutrition Equipped	Cathy Purcell	Spring Hills
Tuesday, 14 June 2022	3:00 pm	Green Apple Wellness	Zach Gilroy	Bald Hills
Wednesday, 15 June 2022	9:00 am	UQ Healthy Living	Helen Beeley	Toowong

Saturday, 18 June 2022	10:00 am	True North Wellness	Tamika Hassum	Albany Creek
Monday, 20 June 2022	5:00 pm	Banyo Clinic	Heidi Morris	Banyo
Tuesday, 21 June 2022	6:30 pm	True North Wellness	Laura Irwin	Albany Creek
Thursday, 30 June 2022 (Videoconference group)	6:30 pm	True North Wellness	Vicky Graham	Albany Creek
Friday, 15 July 2022	2:00 pm	True North Wellness	Shanyn Andersen	Albany Creek
Saturday, 16 July 2022	10:00 am	Merendi Health	Merendi Leverett	Ferny Hills

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.