



UPCOMING SESSIONS

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.



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
21 March	2:00pm	EP Clinic Noosa	Erica Poxleitner	Noosa
22 March	2pm	EP Clinic Noosa	Erica Poxleitner	Noosa
2 April	4:00pm	Prime Physiotherapy	Babita Gehlawat	Virtual
7 April	9:30am	Prime Physiotherapy	Babita Gehlawat	Virtual
11 April	9:30am	Shape Nutrition	Amanda Cini	Virtual
17 April	6:30pm	Saalihah Seedat Consulting	Saalihah Seedat	Virtual
18 April	6:30pm	Saalihah Seedat Consulting	Saalihah Seedat	Virtual
19 April	1:00pm	Prime Physiotherapy	Babita Gehlawat	Virtual
21 April	12:30pm	EP Noosa Clinic	Jarrod Burton	Noosa
21 April	7:00pm	Prime Physiotherapy	Babita Gehlawat	Virtual

21 April	3:30pm	Activate Health	Linda Stone	Yeppoon
24 April	5:15pm	Activate Health	Linda Stone	Rockhampton
4 May	6:30pm	Saalihah Seedat Consulting	Saalihah Seedat	Virtual
22 May	10:00am	Access Allied Health	Rebecca McCormick	Caloundra
30 May	5:30pm	Shape Nutrition	Amanda Cini	Virtual

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.