



My health for life

**A LIFESTYLE PROGRAM TO GET YOUR
BEST HEALTH BACK!**



My health for life is a free lifestyle program available to anyone who is eligible that wants to improve their health and reduce their chances of developing chronic disease.

Another initiative of

**Queensland
Government**
Healthier. Happier.

 **diabetes
queensland**

 **Stroke
FOUNDATION**

 **Heart
Foundation**

 **QAIHC**
Queensland Aboriginal and Torres Strait Islander Health Council

 **Ethnic Communities
Council of Queensland**

 **phn
QUEENSLAND PHNs**
An Australian Government initiative

OUR HEALTH ALLIANCE

Conditions such as type 2 diabetes, heart disease and stroke, are often linked to lifestyle factors. The *My health for life* program helps people reduce their chance of developing these types of conditions by showing how small lifestyle changes can be good for your health. It is about keeping your health on track to prevent future illness.

Program fast facts

- ✓ The program is free
- ✓ It is delivered by qualified health workers in local areas close to home
- ✓ It involves six sessions – the time commitment is not big
- ✓ The first session is a face-to-face meeting
- ✓ The remaining sessions are group-based sessions. You can meet other like-minded people and learn from each other.

What to expect

My health for life believes healthy change is best in small, easy to do steps. Participants learn how to set realistic health goals and are supported on their journey to achieve healthy change. The program is not just for people wanting to lose weight – everyone has their own reasons for improving their health.

Who can take part?

- People aged 45 years and over who have been identified by a health worker as being at high risk of chronic disease (which includes type 2 diabetes, heart disease and stroke).
- People aged 18 years and over who are of Aboriginal or Torres Strait Islander descent who are at high risk of chronic disease.
- People aged 18 years and over with pre-existing conditions (e.g. previous history of gestational diabetes, or have been diagnosed with pre-diabetes, high blood pressure or high cholesterol).

To take part or find out more

Contact your local provider: Ethnic Communities Council of Queensland (ECCQ)

Call 0466 041 544 or 0426 290 040 for more information.

