

*My health
for life* 

HEALTHY FEELS *good*

Whether it's eating well, maintaining a healthy weight, sleeping better or managing stress, the free *My health for life* program will support you to achieve your goals.

Contact Ethnic Communities Council of Queensland (ECCQ)
Call (07) 3844 9166 visit myhealthforlife.com.au

My health for life is a State Government-funded lifestyle program providing free health coaching to help Queenslanders live and age well.

HEALTHIER QUEENSLAND ALLIANCE

