

My health for life (MH4L) is a free behaviour change program designed for people at high risk of developing a chronic disease 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 attend a VC session with a facilitator anywhere in Queensland.

VC groups are a maximum of 6 participants. 13 RISK (13 74 75) can assist with availability.

Participants are also able to complete the program through telephone coaching if preferred.

Patients can be referred using the practice software MH4L referral template or calling 13 RISK.

## Programs commencing by PHN region: April 2020

Date	Time	Provider	Facilitator	Suburb
<b>Northern Queensland PHN</b>				
Wed 29-Apr-20	4:30pm - 6:30pm	Life in Motion	Shaneen O'Brien	MACKAY
Wed 29-Apr-20	3:30pm - 5:30pm	Physio Plus Whit.	Yvette Porter	WHITSUNDAYS
Wed 13-May-20	10:30am - 12:30pm	Physio Plus MKY	Max Shearwood	MACKAY
Wed 13-May-20	10:00am - 12:00pm	Physio Plus Whit.	Yvette Porter	WHITSUNDAYS
Tue 26-May-20	11:00am - 1:00pm	Physio Plus MKY	Max Shearwood	MACKAY
Tue 26-May-20	10:00am - 12:00pm	Physio Plus Whit.	Yvette Porter	WHITSUNDAYS
<b>Western Queensland PHN</b>				
Nil local facilitator groups				
<b>Central Queensland, Wide Bay, Sunshine Coast PHN</b>				
Thu 7-May-20	1:00pm - 3:00pm	EP Clinic Noosa	Erica Poxleitner	NOOSAVILLE
Tue 19-May-20	1:00pm - 3:00pm	EP Clinic Noosa	Erica Poxleitner	MAROOCHYDORE
<b>Darling Downs West Moreton PHN</b>				
Wed 29-Apr-20	5:00pm - 7:00pm	Margot Hawker Dietetics	Margot Hawker	INGLEWOOD
Wed 29-Apr-20	3:00pm - 5:00pm	Margot Hawker Dietetics	Margot Hawker	INGLEWOOD
Fri 22-May-20	10:00am - 12:00pm	Fresh Start Professional Healthcare	Bree Sauer	LAIDLEY
Tue 26-May-20	5:30pm - 7:30pm	Fresh Start Professional Healthcare	Bree Sauer	GATTON

Date	Time	Provider	Facilitator	Suburb
<b>Brisbane North PHN</b>				
Sat 2-May-20	3:00pm - 5:00pm	Prime Physiotherapy	Babita Gehlawat	INDOORROOPIILLY
Sat 2-May-20	10:30am - 12:30pm	Grass Roots Nutrition	Suzie Harte	ALBANY CK
Thu 7-May-20	10:30am - 12:30pm	Healthy Connections Exercise Clinic	Jason Skennerton	CHERMSIDE
Thu 7-May-20	10:00am - 12:00pm	Healthy Connections Exercise Clinic	Thomas Caitens	CHERMSIDE
Sat 9-May-20	12:00pm - 2:00pm	Wellness Nutrition Solutions	Dorelle Thompson	BOWEN HILLS
Mon 11-May-20	4:00pm - 6:00pm	Specialist Medical Care Australia	Regina Tilyard	NORTH LAKES
Tue 12-May-20	10:00am - 12:00pm	Green Apple Wellness	Bridie Rankin	BALD HILLS
Wed 13-May-20	6:30pm - 8:30pm	Nutrition Equipped	Cathy Purcell	WOOLOOWIN
Fri 15-May-20	1:00pm - 3:00pm	Grass Roots Nutrition	Suzie Harte	ALBANY CK
Thu 21-May-20	5:30pm - 7:30pm	True North Wellness	Tamika Hassum	ALBANY CK
Fri 22-May-20	2:00pm - 4:00pm	Grass Roots Nutrition	Suzie Harte	ALBANY CK
Mon 8-Jun-20	11:00am - 1:00pm	Prime Physiotherapy	Babita Gehlawat	KENMORE
Mon 8-Jun-20	9:30am - 11:30am	Prime Physiotherapy	Babita Gehlawat	KENMORE
<b>Brisbane South PHN</b>				
Sat 2-May-20	1:00pm - 3:00pm	Prime Physiotherapy	Babita Gehlawat	MIDDLE PARK
Tue 5-May-20	2:00pm - 4:00pm	Allsports Camp Hill	Kieran Ivers	CAMP HILL
Thu 7-May-20	TBC	Coordinated Fitness	Rachael Tredoux	GREENSLOPES
Fri 15-May-20	12:00pm - 2:30pm	Nutrition Insight	Susan Phillips	HILLCREST
Wed 20-May-20	6:30pm - 8:30pm	Nutrition Insight	Susan Phillips	HILLCREST
Thu 30-Jul-20	TBC	Boonah Dietitian	Jahmilla De Alwis	BEAUDESERT
<b>Gold Coast PHN</b>				
Mon 4-May-20	TBC	My Nutrition Clinic	Molly Warner	ROBINA
Mon 4-May-20	TBC	My Nutrition Clinic	Anna D'Arcy	ROBINA
Sat 16-May-20	9:30am - 11:30am	Burleigh Heads & Broadbeach Physiotherapy	Braddon McDonald	BURLEIGH HEADS

For more information, visit the website: [www.myhealthforlife.com.au](http://www.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.