



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.

Find out more at myhealthforlife.com.au or call **13 74 75**

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