

INFORMATION SHEET

My health for life

Date	Time	Provider	Suburb
Thu 17-Jan-2019	10:00 am - 12:00 pm	Main Street Medical	PIALBA
Sat 19-Jan-2019	10:30 am - 12:30 pm	EP Clinic Noosa	NOOSAVILLE
Wed 30-Jan-2019	6:00 pm - 8:00 pm	Emerald Plaza Pharmacy	EMERALD
Tue 05-Feb-2019	12:00 pm - 2:00 pm	EP Clinic Noosa	NOOSAVILLE
Tue 05-Feb-2019	6:00 pm - 8:00 pm	Emerald Plaza Pharmacy	EMERALD
Tue 05-Feb-2019	10:00 am - 12:00 pm	Access Allied Health	NAMBOUR
Wed 06-Feb-2019	9:30 am - 11:30 am	Excelsior Medical	GYMPIE
Wed 06-Feb-2019	2:00 pm - 4:00 pm	Bayside Physiotherapy	URRAWEEEN
Thu 07-Feb-2019	10:00 am - 12:00 pm	Access Allied Health	BEERWAH
Thu 07-Feb-2019	2:30 pm - 4:30 pm	Noosa Clinic	NOOSAVILLE
Sat 09-Feb-2019	12:00 pm - 2:00 pm	Central Qld Multicultural Association	ROCKHAMPTON CITY
Tue 12-Feb-2019	4:00 pm - 6:00 pm	Access Allied Health	BUDERIM
Tue 12-Feb-2019	12:00 pm - 2:00 pm	Access Allied Health	MAROOCHYDORE
Tue 12-Feb-2019	9:30 am - 11:30 am	Bundaberg Health Promotion	BUNDABERG CENTRAL
Fri 15-Feb-2019	10:00 am - 12:00 pm	Access Allied Health	GYMPIE
Fri 15-Feb-2019	2:00 pm - 4:00 pm	Access Allied Health	GYMPIE
Mon 18-Feb-2019	6:00 pm - 8:00 pm	EP Clinic Noosa	NOOSAVILLE
Wed 20-Feb-2019	10:00 am - 12:00 pm	Better Outcomes Diabetes Education	YEPPOON
Wed 20-Feb-2019	9:00 am - 11:00 am	About Health	MARYBOROUGH
Sat 23-Feb-2019	10:30 am - 12:30 pm	EP Clinic Noosa	NOOSAVILLE
Mon 04-Mar-2019	9:00 am - 11:00 am	Bayside Physiotherapy	URRAWEEEN
Mon 25-Mar-2019	5:30 pm - 7:30 pm	Emerald Medical Group	EMERALD
Thu 28-Mar-2019	2:00 pm - 4:00 pm	About Health	MARYBOROUGH

Participants are also able to complete the program through telephone coaching if there are no local sessions available in your area.

Patients can be referred using the practice software MH4L referral template or calling 13 Risk (13 74 75).

Visit www.myhealthforlife.com.au for further information.