



# INFORMATION SHEET

## *My health for life*

Date	Time	Provider	Suburb
Wed 01-May-2019	9:30 am - 11:30 am	Bundaberg Health Promotion	BUNDABERG CENTRAL
Sat 04-May-2019	10:30 am - 12:30 pm	EP Clinic Noosa	NOOSAVILLE
Sat 04-May-2019	12:00 pm - 2:00 pm	Central Qld Multicultural Association	ROCKHAMPTON CITY
Thu 09-May-2019	5:00 pm - 7:00 pm	Better Outcomes Diabetes Education	YEPPOON
Wed 15-May-2019	10:00 am - 12:00 pm	Community Focus Association	MAROOCHYDORE
Wed 15-May-2019	12:30 pm - 2:30 pm	Activate Health	BERSERKER
Thu 16-May-2019	12:00 pm - 2:00 pm	EP Clinic Noosa	NOOSAVILLE
Mon 20-May-2019	10:00 am - 12:00 pm	Access Allied Health	NAMBOUR
Mon 20-May-2019	2:00 pm - 4:00 pm	Access Allied Health	NAMBOUR
Tue 21-May-2019	10:30 am - 12:30 pm	Bundaberg Health Promotion	BUNDABERG CENTRAL
Thu 23-May-2019	5:00 pm - 7:00 pm	CQ Nutrition	BERSERKER
Fri 24-May-2019	10:00 am - 12:00 pm	Access Allied Health	MAROOCHYDORE
Fri 24-May-2019	2:00 pm - 4:00 pm	Access Allied Health	MAROOCHYDORE
Fri 31-May-2019	10:00 am - 12:00 pm	Access Allied Health	GYMPIE
Fri 31-May-2019	2:00 pm - 4:00 pm	Access Allied Health	GYMPIE
Mon 03-Jun-2019	6:00 pm - 8:00 pm	EP Clinic Noosa	NOOSAVILLE
Tue 11-Jun-2019	6:00 pm - 8:00 pm	Emerald Plaza Pharmacy	EMERALD
Wed 19-Jun-2019	9:30 am - 11:30 am	Bundaberg Health Promotion	BUNDABERG CENTRAL
Sat 22-Jun-2019	10:00 am - 12:00 pm	EP Clinic Noosa	NOOSAVILLE
Mon 15-Jul-2019	5:30 pm - 7:30 pm	Emerald Medical Group	EMERALD
Wed 07-Aug-2019	9:30 am - 11:30 am	Bundaberg Health Promotion	BUNDABERG CENTRAL

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](http://www.myhealthforlife.com.au) for further information.

[ourphn.org.au](http://ourphn.org.au)

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