

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
Northern Queensland PHN				
Nil local facilitator groups, call 13 RISK for telephone health coaching options				
Western Queensland PHN				
Nil local facilitator groups, call 13 RISK for telephone health coaching options				
Central Queensland, Wide Bay, Sunshine Coast PHN				
Fri 03-Jul-20	9:00am - 11:00am	Access Allied Health	Nina Black	BURNSIDE
Darling Downs West Moreton PHN				
Mon 29-Jun-20	6:00pm - 8:00pm	MET Phys	Angela Pizzatti	HIGHFIELDS
Mon 29-Jun-20	7:00pm - 9:00pm	MET Phys	Angela Pizzatti	HIGHFIELDS
Thu 02-Jul-20	12:00pm - 2:00pm	MET Phys	Sarah Mengel	HIGHFIELDS

Date	Time	Provider	Facilitator	Suburb
Brisbane North PHN				
Sat 4-Jul-20	9:30am - 11:30am	Nurture & Nourish Nutrition Counselling	Gabriela Caravita	MARGATE
Mon 13-Jul-20	11:00am - 1:00pm	Prime Physiotherapy	Babita Gehlawat	KENMORE
Wed 15-Jul-20	1:00pm - 3:00pm	Grass Roots Nutrition	Suzie Harte	ALBANY CK
Mon 20-Jul-20	5:30pm - 7:30pm	Banyo Clinic	Heidi Morris	BANYO
Tue 21-Jul-20	1:00pm - 3:00pm	Banyo Clinic	Heidi Morris	BANYO
Fri 24-Jul-20	10:00am - 12:00pm	Grass Roots Nutrition	Suzie Harte	ALBANY CK
Brisbane South PHN				
Tue 21-Jul-20	1:00pm - 3:00pm	Allsports Wellington Point	Bianca Butler	WELLINGTON PT
Wed 22-Jul-20	6:30pm - 8:30pm	Allsports Wellington Point	Bianca Butler	WELLINGTON PT
Tue 04-Aug-20	4:00pm - 6:00pm	Fizzio for Life	Kerryn Ivers	WATERFORD WST
Gold Coast PHN				
Mon 29-Jun-20	5:30pm - 7:30pm	My Nutrition Clinic	Molly Warner	HIGHLAND PARK
Thu 16-Jul-20	11:30am - 1:30pm	My Nutrition Clinic	Molly Warner	ROBINA
Fri 21-Aug-20	9:00am - 11:00am	Hope Island Medical Centre	Fleur Lesslie	HOPE ISLAND

For more information, visit the website: 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.