



Have you had gestational diabetes?



Up to 60% of women who have gestational diabetes will go on to develop type 2 diabetes.

Life! is a free healthy lifestyle program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Run by health professionals, you will learn about nutrition, physical activity, stress management, sleep and managing lapses.

Depending on your availability you can do a group course in your local area or one-on-one telephone health coaching at a time that suits you.

The *Life!* program gives you the support you need to live a healthier and more active life. You'll be able to share this knowledge with your family so that they can lead a healthy life too.

The *Life!* program is here to support you.

Call 13 RISK (13 74 75) or visit www.lifeprogram.org.au to enrol today.



The *Life!* program is supported by the Victorian Government