



**Do you want to increase your energy and  
improve your mood and sleep?**

The FREE *Life!* program can help.  
Visit [lifeprogram.org.au](http://lifeprogram.org.au)



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

# The *Life!* program will give you the skills to:

- ✓ Improve your nutrition
- ✓ Increase your physical activity
- ✓ Reduce your stress levels

Check your eligibility today at [lifeprogram.org.au](http://lifeprogram.org.au)  
or call 13 7475 for more information.



← Scan to check your eligibility today!



**Be Active**



**Eat  
Healthy**



**Reduce  
Stress**

Visit [lifeprogram.org.au](http://lifeprogram.org.au) or call 13 74 75.

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