



HELPING YOU
PREVENT DIABETES
HEART DISEASE & STROKE



Do you want to kick-start your health?

The *Life!* program can help!
Visit lifeprogram.org.au or call 13 74 75



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

Life! is a free healthy lifestyle program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.

- Improve your eating habits, physical activity, sleep and stress management
- Choose from a group course or telephone health coaching
- Learn how to make small changes in daily habits to achieve long term goals

Check your eligibility today at lifeprogram.org.au or call 13 RISK (13 7475) for more information.



Scan to check your eligibility today!



Be Active



Eat Healthy



Manage Your Weight



Reduce Stress

Visit lifeprogram.org.au or call 13 74 75

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