



DO YOU WANT TO KICK-START YOUR HEALTH?

The *Life!* program can help.

Join this free healthy lifestyle program to:



Improve your eating habits



Increase your physical activity



Reduce your stress levels

Check your eligibility today at www.lifeprogram.org.au/test
OR call **13 RISK (13 7475)** for more information



Scan to check
your eligibility
today!

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