



DO YOU WANT TO KICK-START YOUR HEALTH?

The *Life!* program can help
Visit www.lifeprogram.org.au



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 www.lifeprogram.org.au/test
OR call **13 RISK (13 7475)** for more information.



Scan to check your eligibility today!



BE ACTIVE



EAT HEALTHILY



MANAGE YOUR WEIGHT



REDUCE STRESS

Visit www.lifeprogram.org.au or call 13 74 75.

Follow us

