

TAKE THE FIRST STEP TO A HEALTHIER LIFE

Life! program healthy living session

LOCATION:

DATE:

An informative and interactive session to learn more about:

- Risk factors and symptoms of type 2 diabetes, heart disease and stroke;
- Healthy eating and weight control;



- Physical activity;
- · Reducing stress in daily life; and
- An introduction to the Life! program - a free healthy lifestyle program.

Life! – Diabetes Victoria GPO BOX 9824 Melbourne Vic 3001

03 8648 1880 03 9667 1757 w www.lifeprogram.org.au





The Life! program is supported by the Victorian Government