



# Life! with PCOS



The Life! program is supported by the Victorian Government



## **Prioritise your health and reduce your risk of type 2 diabetes, heart disease and stroke with a free healthy lifestyle program.**

Living with PCOS can be challenging. The *Life!* program can support you to take charge of your own health, helping you to gain a sense of control over your body through living a healthier lifestyle.

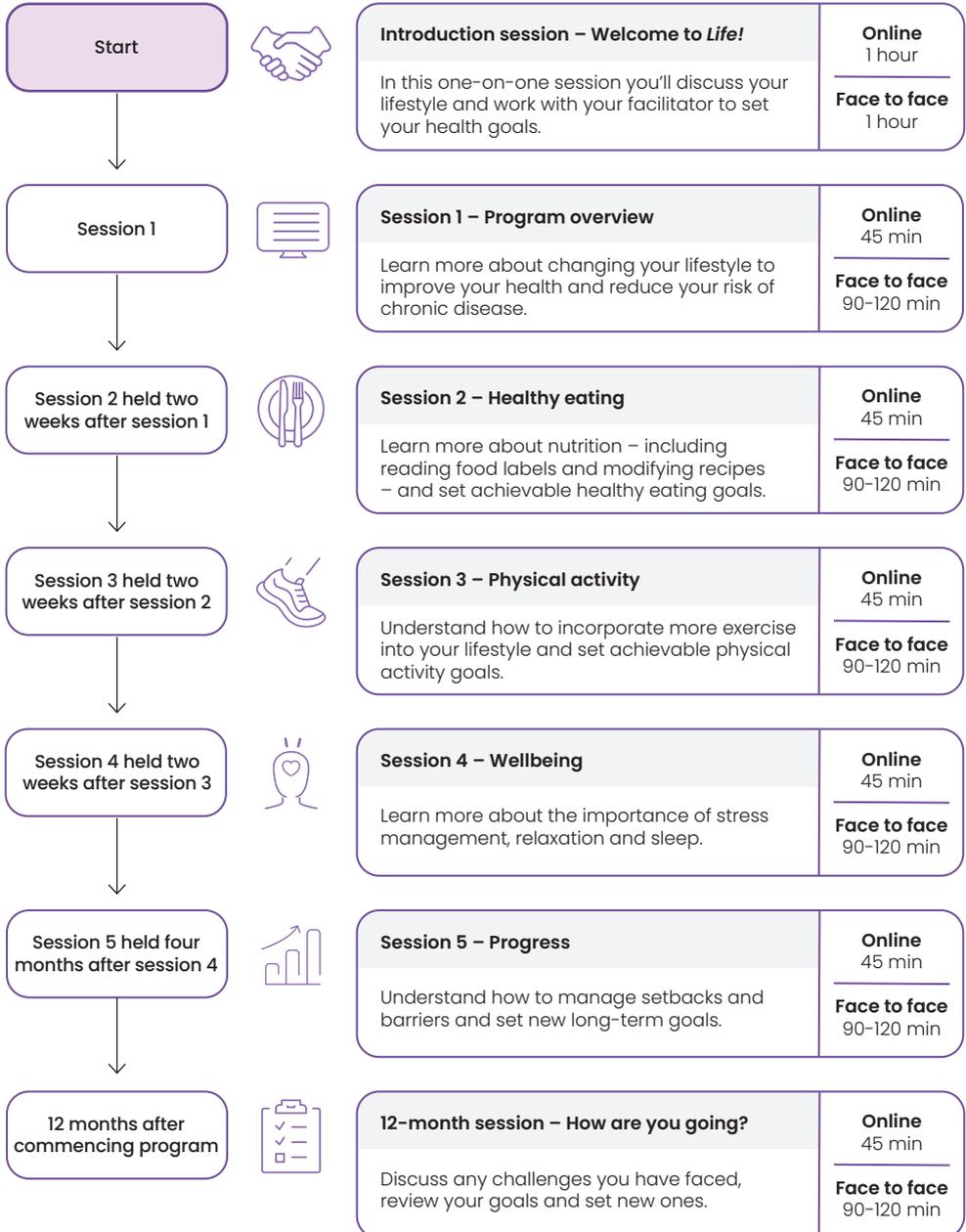
Women with PCOS have insulin resistance and are four times more likely to develop type 2 diabetes and have a two-fold increased risk of heart disease and stroke.

The good news is the *Life!* program has been specifically designed to help you reduce your risk through supporting you to move your body more, eat well and manage your stress. *Life!* can help you to prioritise your health to make sure you can be the best version of yourself and enjoy life to its fullest.

### ***Life!* is a completely FREE program that includes:**

- An initial health assessment and individual goal setting
- A series of group or 1:1 sessions delivered by a qualified health professional
- Access to a range of resources and tools, including nutrition and exercise advice
- Support and advice on sleep and stress management
- Ongoing support and guidance from your group facilitator or health coach
- Flexible face to face or online or telephone delivery options

# About the Group course option





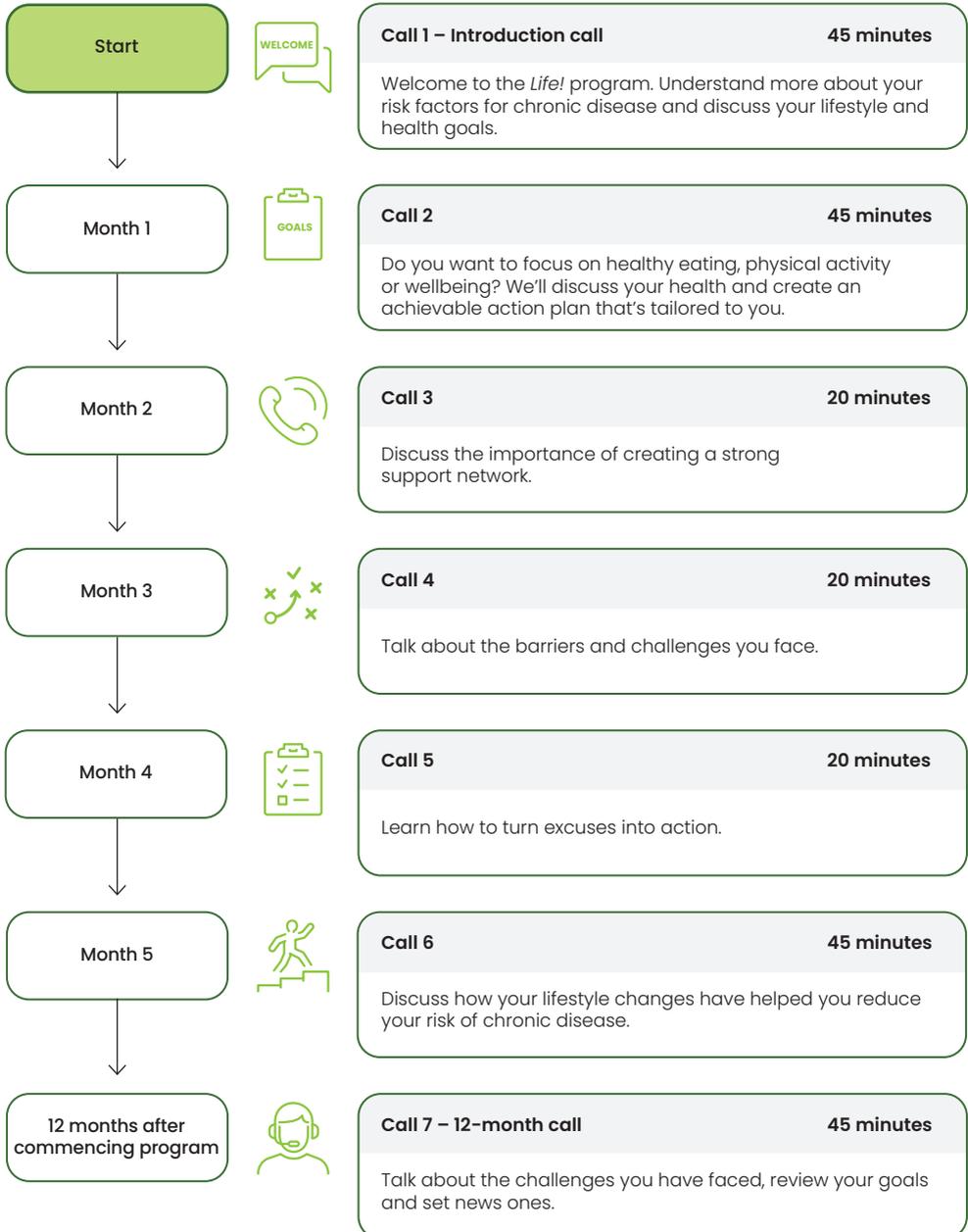
## **The *Life!* Telephone Health Coaching service**

During *Life!* Telephone Health Coaching (THC) you will receive seven phone calls over 12 months.

Your personal health coach will talk to you about your lifestyle, assess your situation and concerns, and work with you to develop your health goals. Each plan is tailored to your ideas and lifestyle to help keep you on track for success.

You will also receive a comprehensive participant workbook full of practical information as well as emails between calls to keep you motivated.

# About Telephone health coaching option





Having helped over 75,000 Victorians over the past 15 years, this program can help you to invest in a healthier lifestyle and prioritise self-care. *Life!* will guide you to set healthy living goals and will teach you how to achieve them.

Zoe found *Life!*  
helpful to reach  
her health goals.



“ I decided to do the *Life!* program because I didn't want to get diabetes and I wanted to stay well and be a healthy mum in the future.

*This program is amazing. It really helped me much more than I expected.* ”

Zoe – *Life!* program participant

## Join the *Life!* program today by:

Completing the health check at [lifeprogram.org.au/pcos-life/](https://lifeprogram.org.au/pcos-life/)  
or call us on 13 RISK (13 74 75).

If you have been diagnosed with PCOS you are automatically eligible!



Scan to join today!

T 13 74 75    E [life@diabetesvic.org.au](mailto:life@diabetesvic.org.au)

W [lifeprogram.org.au/pcos-life/](https://lifeprogram.org.au/pcos-life/)

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*Life!* – Helping you prevent diabetes,  
heart disease and stroke

Suite G01/15-31 Pelham St, Carlton, VIC 3053  
Wurundjeri Woi-wurrung Country

[lifeprogram.org.au/pcos-life/](https://lifeprogram.org.au/pcos-life/)  
[life@diabetesvic.org.au](mailto:life@diabetesvic.org.au)

T 03 8648 1880

F 03 9667 1757

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