

My health  
for life 

# YOUR FREE *health coach*

Whether it's eating well, maintaining a healthy weight, sleeping better or managing stress, the free *My health for life* initiative will support you to achieve your goals from wherever you are, at your own pace, in simple steps.

Find out more at [myhealthforlife.com.au](http://myhealthforlife.com.au) or call **13 74 75**

## Free local program starting soon:

When:

Where:

Contact:

*My health for life* is a free health coaching initiative funded by the Queensland Government through Health and Wellbeing Queensland.

### HEALTHIER QUEENSLAND ALLIANCE



Queensland  
Government