



How about a helper to create some healthier habits?

A free initiative from the Queensland Government helps you stay on track when you're trying to change a little bit for the better. It starts with a simple online Health Check and then finds ways for you to create healthier habits with a free Health Coach. Everything is done in simple steps. And it's yours. That's why it's called My health for life. **Your healthy habits helper.**

myhealthforlife.com.au



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Healthier Queensland Alliance