

The following is a list of *Life!* programs available in the Lower Hume region. *Life!* is a free lifestyle modification program that helps individuals reduce their risk of type 2 diabetes and cardiovascular disease. www.lifeprogram.org.au

| What | What does program involve | Referral | Cost | When | Where | Contact |
|--|---|---------------------------------|------|--------|---|--|
| Life! program Alexandra District Health | The <i>Life!</i> group course is x7 sessions run across a 12-month period (this includes a one-on-one introductory session between the participant and facilitator). | GP Health Professional Pharmacy | Free | Varies | Cooper Street Alexandra | 03 5772 0900 www.alexandrahospital.org.au |
| Life! program Nexus Primary Health | The <i>Life!</i> group course is x 7 sessions run across a 12-month period (this includes a one-on-one introductory session between the participant and facilitator). | GP Health Professional Pharmacy | Free | Varies | Wallan GP Super Clinic, High St Wallan | 1300 77 33 52 sacc@nexusprimaryhealth.org.au |
| Life! program Telephone Coaching | <i>Life!</i> telephone health coaching is x 7 phone calls with a personal health coach over 12 months. | GP Health Professional Pharmacy | Free | Varies | Flexible – at a location convenient to the participant. | 13 74 75 www.lifeprogram.org.au |
| Aboriginal Road to Good Health | <i>Life!</i> Road to Good Health is x 6 group sessions over 6 weeks, working with Aboriginal Health Workers to deliver culturally relevant sessions. | GP Health Professional Pharmacy | Free | Varies | Contact the <i>Life!</i> team for more information. | (03) 8648 1880 www.lifeprogram.org.au/about-the-life-program/about-the-program/abororiginal-road-to-good-health |