

# My health for life

## PROGRAMS AVAILABLE NOW

My health for life is a **free** lifestyle program available to eligible participants who want to improve their health and reduce their risk of developing chronic disease.

### ONLINE PROGRAM VIA ZOOM

#### Monday 6.30-8.30pm

22 April, 29 April, 13 May, 27 May, 24 June

#### Tuesday 6.30-8.30pm

23 April, 7 May, 21 May, 4 June, 2 July

#### Thursday 6.30-8.30pm

2 May, 16 May, 30 May, 13 June, 11 July

My health  
for life 

Contact: MH4L facilitator  
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