



## The Road to Good Health Program

Do you identify as Aboriginal or Torres Strait Islander and want to kick start your health in 2021? The *Road to Good Health* program can help!

The *Road to Good Health* program is a free online lifestyle program that helps you improve your eating habits, increase your physical activity and manage stress.

Our experienced Aboriginal health professionals will help you set and achieve your health goals and reduce your risk of type 2 diabetes and cardiovascular disease over a six-month period.

You can check your eligibility for the program today by doing our simple online test at [www.lifeprogram.org.au/test](http://www.lifeprogram.org.au/test) or by calling us at **13 74 75**.



The *Life!* program is supported by the Victorian Government