

## The Living Well team runs the following groups:

- Wellbeing for Every Body: for people who want to learn how to eat with awareness and without guilt, to move their body in a way they enjoy, and improve their relationship with their body through self-care
- Learn to Relax: learn to effectively manage stress and different ways to relax
- Live Well for Life: for people who have diabetes and heart disease (or those at risk of getting these conditions) to learn how to improve their health

## How do I book an appointment?

If you have any questions or would like to book an appointment, contact your nearest IPC Health campus on 1300 472 432 or email us at [livingwell@ipchealth.com.au](mailto:livingwell@ipchealth.com.au).

Appointments can be provided either face to face or over the phone.

Expressions of interest are also welcome through this QR code.

You might have to wait before an appointment becomes available.



The Living Well service is supported by the Victorian Government through the early intervention in chronic disease initiative.

### IPC Health

PO Box 171  
Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

**W** [ipchealth.com.au](http://ipchealth.com.au)

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**ipchealth**

## Living Well



**Living Well clinicians listen to your health concerns and provide support and education tailored to your needs.**

## **How can the Living Well program help?**

We can support you to make healthy changes by:

- getting you started and helping you to stay motivated
- improving your confidence
- learning to make long-lasting changes

Our Living Well clinicians provide information and support about:

- healthy eating
- being more active
- quitting smoking
- improving your sleep habits
- self-managing health conditions
- stress management and relaxation
- social connections



**“I found the program to be well structured, informative and most importantly non-judgemental. After 40+ years of smoking, I have finally put together a realistic plan to help me stop smoking.”**

— June, Living Well client

## **Who can use this service?**

People over 18 years of age in Brimbank and Wyndham.

## **Is there a fee?**

This is a free service.

## **Can I have an interpreter?**

Yes, interpreters are free. Please let us know when booking an appointment.

