

The Living Well Team runs the following groups:

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

How do I book an appointment?

To book an appointment or register for a group, contact your nearest IPC Health campus.

Expressions of interest are welcomed through the QR code.

If you have any questions, please email us at livingwell@ipchealth.com.au or call 1300 472 432.



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

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Sunshine

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Living Well



What do Living Well clinicians do?

Living Well clinicians will listen to your health concerns and provide support and education tailored to your needs. Appointments can be offered either via phone or face-to-face.

How can the Living Well program help?

They will help you to:

- learn how to make healthier choices
- stay motivated and improve your confidence
- learn how to turn health goals into long-lasting habits

Our Living Well clinicians give clients 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

Is there a fee?

This service is free.

Who can use this service?

People over 18 years of age who live, work or study in Brimbank or Wyndham.

Can I have an interpreter?

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

