

You can do it!

We can help you

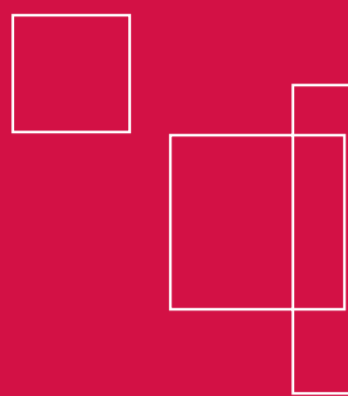
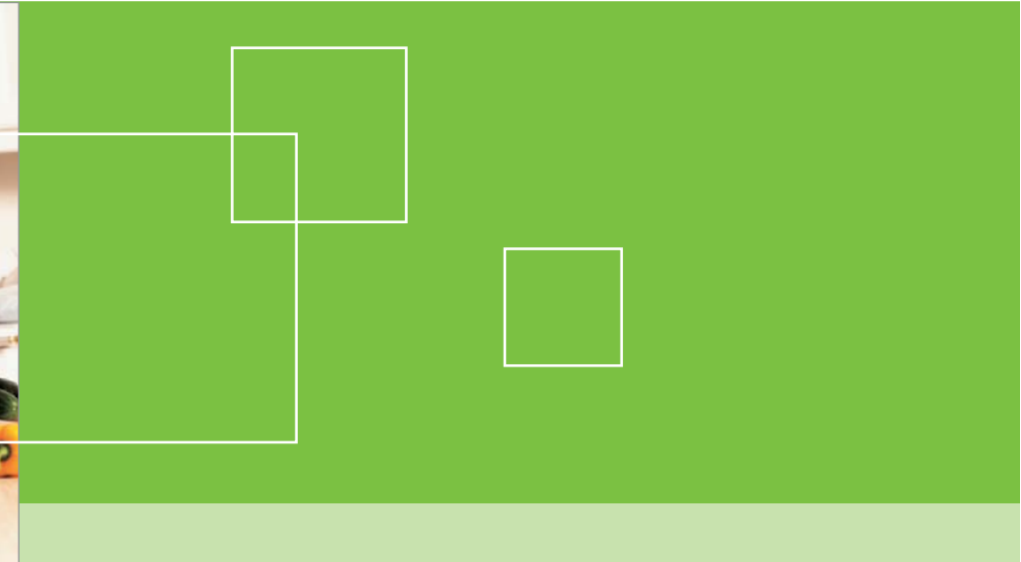
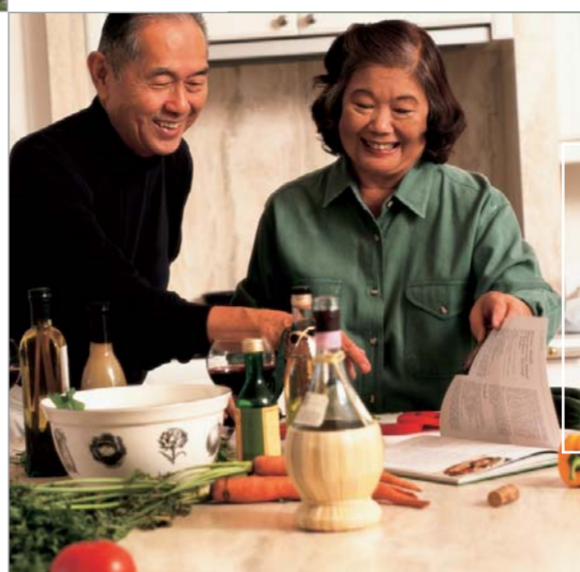


Photo courtesy of VicHealth

I quit smoking – for the kids and for me

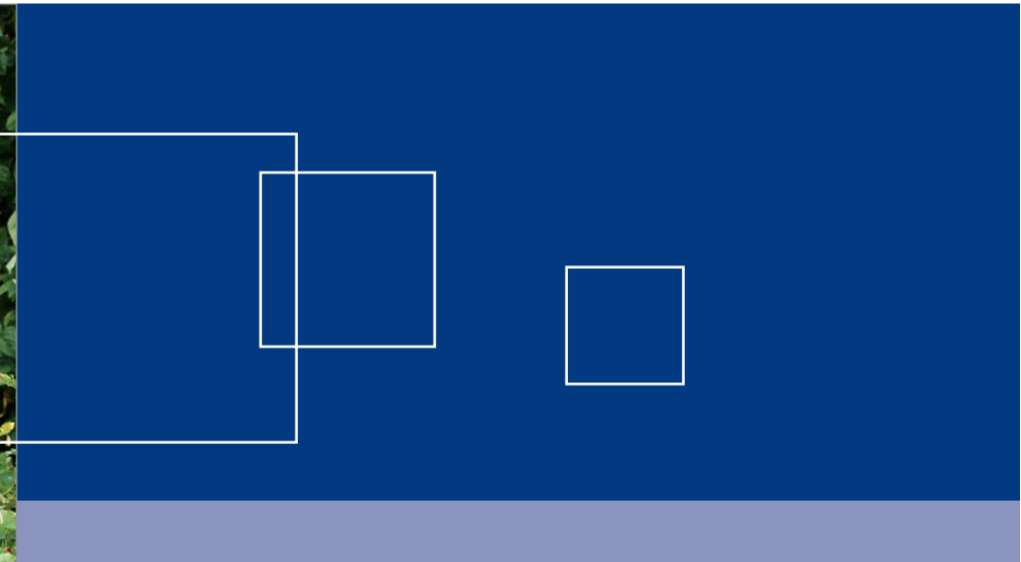
I've welcomed back some long-lost friends – fruit and veg



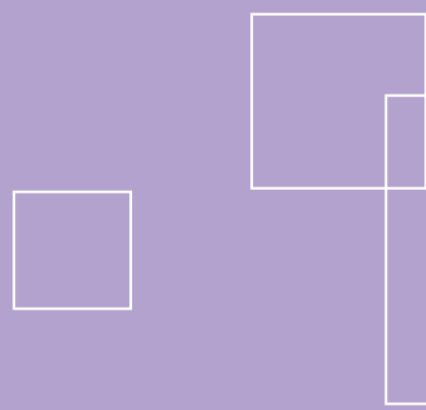
I know my limits – now I enjoy low-risk drinking



I'm more active now – to get more out of life



My extra weight's not welcome anymore



This practice is participating in **Lifescrpts** – a national program for a healthier you

**We're talking to our patients about healthier living
Ask your GP how you can get more out of life**



Lifescrpts

Advice for Healthy Living



Australian Government
Department of Health and Ageing