

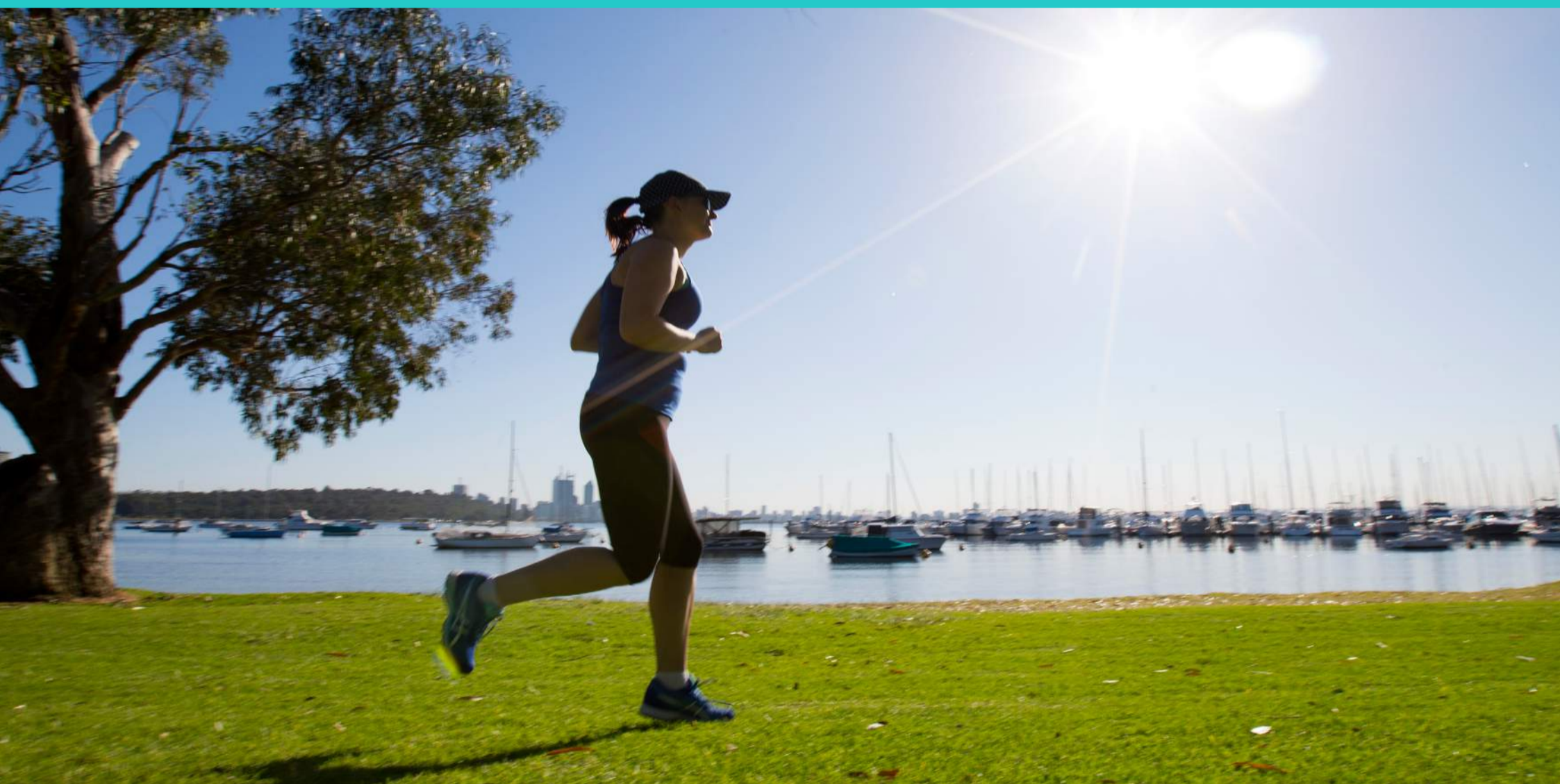
My Healthy Balance

Your path to a healthier life

Looking for a free, evidence-based online healthy lifestyle program?

Your path to a healthier life starts here

www.myhealthybalance.com.au



1

Go to myhealthybalance.com.au and create your account.

2

Build your health profile, set a goal and develop your action plan.

3

Work your way through a series of interactive and supportive modules at a pace that is right for you.



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Department of Health

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To contact My Healthy Balance, email support@myhealthybalance.com.au or call (08) 9325 7699