

My health
for life 

WHAT'S GOOD FOR YOU IS

GOOD FOR *gladstone*

This September we are encouraging Gladstone region residents to check in with your health and build healthier habits by participating in a free activity, Try Outs, presentations, free Health Checks and events.

VISIT THE LINK BELOW TO FIND OUT MORE

myhealthforlife.com.au/goodforgladstone

HEALTHIER QUEENSLAND ALLIANCE



Queensland
Government