

## Northern Queensland Program Providers

My health for life (MH4L) is a free evidence-based behaviour change program for people at high risk of developing Type 2 Diabetes, Stroke, and Heart Disease. The program is conducted by MH4L certified local health professionals who run the group-based sessions over six months or through telephone coaching.

Provider	Location
<b>Cairns</b>	
The Doctors, Mulgrave Road	Cairns
Amanda Gale Physiotherapy and Wellbeing	Cairns
Mountain View Medical Centre/Health Moves	Mossman/Cairns
FNQ Health & Fitness	Atherton
My Exercise Physiology	Cairns
<b>Cairns Aboriginal and Torres Strait Islander</b>	
Wuchopperen	Manoora
Mulungu	Mareeba
<b>Townsville</b>	
Unison Health Solution	Cranbrook
Achieve Exercise Physiologists	Cranbrook
Optimise Health and Wellness	Ingham
Live Well Health Care Group	Hyde Park
Burdekin Community Association	Ayr
Townsville GP Superclinic	Hyde Park
<b>Mackay</b>	
Southside Medical	Mackay
Dietcare	Mackay
Paul Hopkins Medical Clinic	Mackay

### Cairns

p: (07) 4034 0300  
Level 3, 36 Shields Street  
Cairns, Qld 4870

### Townsville

p: (07) 4796 0400  
Building 500, Level 3  
1 James Cook Drive  
Douglas, Qld 4811

### Mackay

p: (07) 4963 4400  
Level 1, Post Office Square  
67-69 Sydney Street  
Mackay, Qld 4740

e: [hello@nqphn.com.au](mailto:hello@nqphn.com.au)  
w: [nqphn.com.au](http://nqphn.com.au)



Provider	Location
Life in Motion Exercise Physiologists	Mackay
Physio Plus Mackay	Mackay
HMM Health	Cannonvale
Physio Plus Whitsunday	
<b>Mackay Aboriginal and Torres Strait Islander</b>	
Aboriginal and Torres Strait islander Community Health Service Ltd (ATSICHS)	Mackay

If you would like more information please email [myhealthforlife@nqphn.com.au](mailto:myhealthforlife@nqphn.com.au) or visit [www.myhealthforlife.com.au](http://www.myhealthforlife.com.au)