



An Australian Government Initiative

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Page content updated 19/10/2019

Accept New
Patients

Lynette - My Health for Life Facilitator

My Health for Life Provider & Facilitator

MH4L is a health management program for eligible Queenslanders guided by Diabetes Queensland and funded by the Queensland Government to improve health outcomes. The My health for life program recognises that everyone is different and that joining a gym, or having special "diet" food delivered does not work for everyone. We also understand that having support is a major factor in staying healthy. We focus on teaching you the skills to help get you going, rather than just giving you information about what you should be doing better. Our communication is two-way, and we work with you in a partnership.

If you have been diagnosed at risk of chronic disease, then our goal is to work with you to get your health back on track and lessen that risk.

My Health for Life - Is it for you?

The first thing to know about My health for life is that it's different to traditional weight loss or gym-style programs.

We've taken a fresh approach to helping people make healthy choices. Maybe yours is finding the motivation and support to get going, while for someone else it's weight loss or finding a physical activity they enjoy. Sometimes it is just about finding the right headspace to keep on track when life gets in the way.

We work with you to identify your barriers to healthy change and help you take manageable steps to get past them. We show you how to set realistic goals and an action plan for success – and we support you throughout your journey to get your health on track. The program is delivered in your local area by qualified health professionals.

The great thing about My health for life is that it is personalised to suit your needs – and it's free!
For more information contact Lynette 0403988734 or on [Facebook](#)

Lynette Parer is an Accredited Consultant Pharmacist with over 30 years experience in the health industry.

Details

Phone: 0403988734

Fax: -

Email: lynettoparer@gmail.com[View our Facebook page](#)**Address** 

Our Programs

[View All](#)[The My Health for Life Program](#)

Our Events

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Attached Documents

No document(s) found.

Listing created: 13/03/2018

Listing last updated: 20/04/2018

Help improve our website

Did you find what you were looking for today?:

Contact

We appreciate your feedback and thank you for taking the time to help improve our website. Please use the form below to provide comments about your experience on our site today.

Name*:

E-mail*:

We provide mobile services

All Gold Coast areas

Opening Hours

| | |
|------------------|-----------------|
| Monday | 9:00am - 6:00pm |
| Tuesday | 9:00am - 6:00pm |
| Wednesday | 9:00am - 6:00pm |
| Thursday | 9:00am - 6:00pm |
| Friday | 9:00am - 6:00pm |
| Saturday | - |
| Sunday | - |

Notes on open hours:

MH4L Group sessions are held during the day & evening for convenience to clients

Notes on public holiday hours:

We are closed on public holidays

-

Fees & Charges

Free services

Bulk billing is not available

Services Provided

Aged Care Friendly

Chronic Disease Management

Collaboration With Allied Health and Doctors

Disease Prevention

Education & Training

Home Visits

Improve Your Overall Health

Management of Chronic Medical Problems

Men's Health

Nutrition

Support

Take Steps to Lose Weight

Take Steps to Quit Smoking

Wellness and Active Lifestyle Centre

Health Practitioners

-

Service Age Criteria

over 18 years eligible Queensland residents

Referrals

-

Spoken Languages

English, No

Target Groups

Aboriginal & Torres Strait Islander

Chronic Disease

General Public

Healthcare Professionals

Parents / Families

Disability

Elderly

Phone Number:

Feedback message:

NOTE: This will be sent to our website coordinator to make improvements to our website not the above organisation.

Send

GP's
Women
Men
LGBTIQ+
Carers
Pharmacists
Interns

Tagged [Health](#), [Life](#), [Diet](#), [Exercise](#), [Lifestyle](#), [Support](#)

Categorised under [Community Services - Health Promotion and Screening](#), [Community Services - Support Programs](#),
[Allied Health - Accredited Home Medication Review Pharmacists](#)

Our Location

Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambeh, Yuggera and Bundjalung peoples.

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health

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