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Julie Albrecht & Associates supporting community through MH4L



Julie Albrecht

Julie Albrecht & Associates is a team of fully qualified dietitians servicing the Gold Coast community and are engaging and supporting individuals on a journey of lifestyle changes by way of the My health for life (MH4L) program.

Clients who have worked with Julie Albrecht and Associates to complete the MH4L program have enjoyed the professional support, guidance, friendship and camaraderie they have experience throughout its duration. MH4L supports and guides individuals on their journey to better health and provides participants with practical tools, information and support to facilitate this process.

Read more about Julie Albrecht and Associates' experience with MH4L below and learn more about how to refer your patients to the MH4L program.

My health for life Q&A with Julie Albrecht and Associates

Who are you? Tell us about your practice and the services you provide.

Julie Albrecht and Associates is comprised of a team of fully qualified dietitians, headed by the senior consultant with 30 years of experience. The professional background of this team of dietitians lies primarily in the private sector of nutrition and dietetics, working as private practitioners, lecturers, and as consultants to private hospitals, nursing homes, corporate groups, and sporting organisations.

Our clinical experience is diverse, drawn from a wide range of conditions encountered while working as private practitioners and in the clinical setting of private hospitals.

How does *My health for life* fit with your business model?

One of our missions is to support the health and wellbeing of our community. The *My health for life* program allows us to engage with individuals to support them on their journey of lifestyle change. It provides a

Level 1, 14 Edgewater Court, Robina 4226 | PO Box 3576 Robina Town Centre QLD 4230
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"Building one world class health system for the Gold Coast."

Gold Coast Primary Health Network gratefully acknowledges the financial and other support from the Australian Government Department of Health. Primary Care Gold Coast Limited (ABN 47152953092), trading as the Gold Coast Primary Health Network.



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platform to improve our business profile to the wider health care and general community.

Tell us about your participants' experience in the *My health for life* program ... what do they enjoy most about the program?

The *My health for life* program has provided our participants the tools and support to engage in lifestyle modification, to improve their health and wellbeing. They have enjoyed the professional support, guidance, friendship and camaraderie they have experienced throughout the program.

Why would you recommend patients/clients be referred into the *My health for life* program?

The *My health for life* program supports and guides individuals on their journey to better health. It provides participants with practical tools, information and support to facilitate this process.

How can people refer to you and your upcoming programs?

Referrals can be made by contacting our practice via telephone: 07 5592 4545 or email: info@foodbodylife.com.au.

Individuals need to undertake an assessment to determine their eligibility. They can undertake this online when visiting the *My health for life* website – www.myhealthforlife.com.au or by contacting the *My health for life* team - 13 RISK (13 74 75).

Provider name, address and contact details:

Julie Albrecht & Associates
96 Ashmore Road, Bundall, QLD 4217
Tel: 07 5592 4545
Fax: 07 5592 4254
Website: www.foodbodylife.com.au
Email: info@foodbodylife.com.au

MH4L is a free, healthy lifestyle program funded by the Queensland Government and aims to give people a starting point to a healthier life. You can download the referral form at: <https://bit.ly/2Ga2sRm> to start referring your patients now, or visit www.myhealthforlife.com.au if you would like to find out more about the program and how it could help your patients.

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