

OPEN TO THE PUBLIC

Logan Healthy Living



Let's do it
differently this time

You've never been more supported to prevent or manage **diabetes.**



Get started

GP Referrals

Your GP can provide a 'Referral Form for group allied health services under Medicare for patients with Type 2 diabetes'.

Welcome Consult

To begin your journey with us start with a Welcome Consult. Sit down with a team member and share your story, needs and goals for the program.

Find us at **Logan Health Care Centre**

**Logan Healthy Living, Logan Health
Care Centre, 68 University Drive,
Meadowbrook QLD 4131**

P 07 3365 1057 F 07 3540 8171

E ihl@uqhealthcare.org.au

W ihl.org.au



Your partner for a healthy future

Logan Healthy Living helps you achieve your goals and live a healthier life.

Our team will support you as you help guide your care plan, and access a range of services:



Simple tech

Logan Healthy Living makes movement smart, safe, and simple.

Just tap-on with a wristband to use our HUR equipment, and each machine will recognise your program. There is no need to change weights or alter machines.

Plus, you can start where you need to with starting loads of 100 grams.

Current programs

We currently offer the following programs to those aged 16 and over:

Healthy Living with diabetes

COMPLEX

For people diagnosed with type 2 diabetes six or more years ago, or with multiple conditions.

Healthy Living with diabetes

RECENTLY DIAGNOSED

For people diagnosed in the last six years with type 2 diabetes.



Different this time

Logan Healthy Living equips you to succeed.
Here's what you can expect:

Goal setting & guidance

We listen

Diabetes experts

Realistic advice

Discover how your body can help you

Change your thinking

Simple, smart tech

Make new connections

No cost to you

Highly supported activity

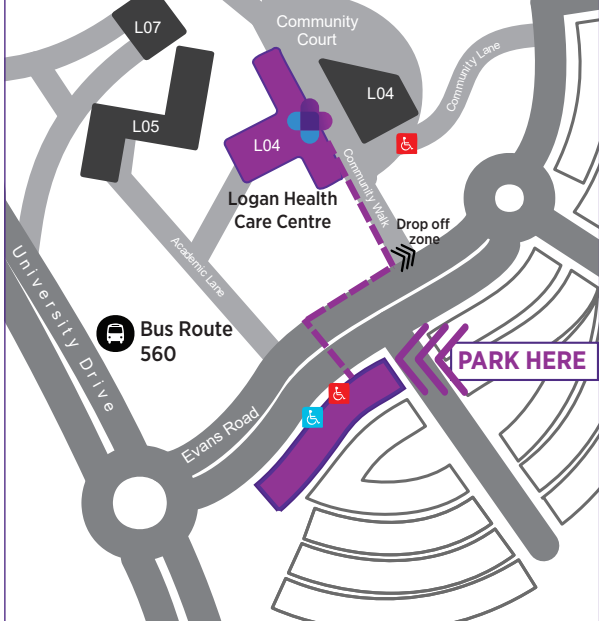
Advice backed by research

Support during and after your program

Program includes

- Group education
- Group movement sessions
- One-to-one consults
- Home activity plans with telehealth support
- Three, six and nine month re-charge sessions





**PARKING FREE - 3 HOUR LIMIT
USE DESIGNATED AREA ONLY**



[Facebook.com/loganhealthyliving](https://www.facebook.com/loganhealthyliving)



[@loganhealthyliving](https://www.instagram.com/loganhealthyliving)



lhl.org.au

Acknowledgement of Country

We acknowledge the traditional custodians of the land on which we operate, the Yuggera, Turrbal, Yugarabul, Jagera and Yugambeh peoples. We pay respect to the Elders, past, present, and emerging, and extend that respect to all Aboriginal and Torres Strait Islander peoples.

A collaborative venture

Logan Healthy Living is a Lifestyle Management Program created by UQ Health Care and funded by the Queensland Government through Health and Wellbeing Queensland. Our success is made possible through the support of participating organisations.



**Queensland
Government**



Queensland, Australia