

OPEN TO THE PUBLIC

Logan Healthy Living



Let's do it
differently this time

You've never been more supported to prevent or **manage type 2 diabetes.**



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:

- Exercise Physiology **Enjoy movement**
- Physiotherapy **Move easier**
- Dietetics **Discover good food**
- Diabetes Education **Have fun learning**
- Psychology **Think differently**
- Social Work **Make connections and build confidence**

Different this time

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



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



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.





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.

Logan Healthy Living

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Getting here

Logan Healthy Living is easily accessible with ample 2 hour **free parking** and **public transport**. Bus stops and the Loganlea Train Station are located within walking distance.



facebook.com/**loganhealthyliving**



@**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



Metro South
Health



Queensland
Government