



PROGRAM OUTLINE

	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	SESSION 6
TIMING	Week 0-6	Week 8	Week 10	Week 12	Week 14	Week 26
FORMAT	1:1 with facilitator 45-60min	Group session 120min	Group session 120min	Group session 120min	Group session 120min	Group session 120min
CORE CONTENT	Introduction to MH4L Set intention for MH4L	Understanding risk & preventing chronic disease Finding your 'why'	Planning for success Moving more	Engaging support Eating well	Adjusting for change Alcohol and smoking	Maintaining healthy habits Program review and feedback
Regular contact (SMS/emails), Health Helpline, follow up support resources, reminder message etc.						
ADDITIONAL SUPPORT	Referral to other programs or services e.g. Quitline or Get Healthy, contact with facilitator outside of group sessions, Facebook group.					