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## Wellness and heart health for residents

Maranoa Today, Maranoa



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Residents of Roma and surrounds are invited to take a proactive step towards better health when two major health initiatives join forces in town for Roma Wellness Week, taking place from 10 to 12 June.

Health and Wellbeing Queensland is partnering with Heart of Australia to bring the Heart of Australia's mobile prevention clinic to Roma for the three-day event. Wellness week will showcase the Wellness my Way initiative — a free Queensland Government program to support the health and wellbeing of the community.

'With one in two Queenslanders currently living with a chronic condition — many of which are preventable — this partnership couldn't come at a better time,' said Madeline Forbes Acting Senior Health Practitioner with Health and Wellbeing Queensland and Wellness my Way program lead.

The three-day event, hosted at Bicentennial Park, promises to be full of fun, with a timetable of interactive wellbeing activities including physical activity sessions, cooking demonstrations, free healthy food and drinks, and free health checks — all designed to make looking after your health enjoyable and accessible.

It's also a great chance to discover the range of free and low-cost health services available locally, and connect with support in the community. Wellness my Way streamlines access to a range of free or low-cost prevention programs, making it easier for communities to take control of their health.

Wellness my Way is an initiative of the Queensland Government, delivered in partnership by Health and Wellbeing Queensland, Queensland Health's Health Contact Centre, South West Hospital and Health Service and the Health and Wellbeing Centre for Research Innovation at The University of Queensland.

'This partnership makes it easier for South West Queenslanders to take control of their health—right in their own community,' said Elle Pullen, Community Dietitian, South West Hospital and Health Service and Roma local.

'By offering services locally, we reduce barriers to care and ease pressure on the health system.'

Roma resident Nikki Thompson is thrilled to have the mobile clinic make its way to Roma.

"Having worked in health most of my career, I am so happy to see some converted effort going into preventative health. It is vital," Ms Thompson said.

During the event, Wellness my Way health checks and free activities will be delivered on the ground by South West Hospital and Health Service and supporting organisations.

The event is open to all residents, and local workplaces are also being encouraged to support staff to attend and take a few minutes to check in on their health.



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Heart of Australia’s mobile prevention clinic will be in Roma from the 10-12 of June. (Supplied)