

A free entry point to health and wellbeing support in your community

Whether you want to eat well, move more, quit smoking, or improve your overall wellbeing, Wellness my Way helps you find what's available in your community – and gives you support so you don't have to do it alone.

Getting started is simple!

1



Take a free and private health check – online or by phone.

Complete online at any time at hw.qld.gov.au/wellnessmyway or by phone Monday – Friday, 8am-8pm by calling **13 HEALTH** (13 43 25 84) and asking for the Way to Wellness service.

2



Chat with a Queensland telephone coach to make a plan that suits you.

Interpreter services also available.

3



Connect with free or low cost programs to:

- Eat well
- Quit smoking
- Boost mental wellbeing
- Move more
- Reduce alcohol
- And more!

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.

Discover free and low-cost health support

Easy to access. Close to home.



**Start today
with the recipe
inside!**



Increase your veg intake with these delicious

Sweet potato nachos

2 serves

0 serves fruit
PER SERVE

5 serves veg
PER SERVE

INGREDIENTS

2 small sweet potatoes, thinly sliced
Spray of olive oil
1 cup canned corn kernels (drained, rinsed)
½ capsicum, diced
1 cup canned black beans (drained, rinsed)
60g grated cheese
1 small avocado, mashed

Salsa:
1 punnet cherry tomatoes, diced
½ red onion, finely chopped
2 tablespoons chopped fresh coriander
1 lime, juiced
Red chilli, finely chopped (optional)

METHOD

- 1 Line a large baking tray with baking paper and layer the sweet potato slices over it, then spray with oil. Bake in a hot oven, 200°C, for 20-25 minutes or until crisp and browned.
- 2 Meanwhile, combine salsa ingredients in a bowl and set aside.
- 3 Once the sweet potato slices are cooked, remove from the oven and sprinkle with corn, capsicum, black beans and cheese.
- 4 Place under grill for 5 minutes until cheese is melted and vegetables heated through.
- 5 Remove from grill and top with salsa and mashed avocado. Serve immediately.

RECIPE NOTES

Choose low-fat cheese if available.

If you wash and dry sweet potato well, you can leave the skin on, which adds more fibre to your meal.

Mix up your topping ingredients by adding your favourites such as grated carrot, black olives, or jalapeno peppers.