

Prevention programs

Wellness my Way includes free and low cost prevention programs that help people make positive health changes. A range of statewide and local programs are all available either virtually, via phone, or face to face in the community to improve access to support close to home.

This list of prevention programs available through Wellness my Way is current as of April 2026.

For the most up to date list of programs, please visit: hw.qld.gov.au/wellnessmyway.

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
My health for life	<p>My health for life is a chronic disease prevention initiative with free Health Coaches that support Queensland adults, 18 years and over, to reduce their risk of developing chronic disease such as type 2 diabetes, heart disease and stroke.</p> <p>myhealthforlife.com.au</p>	Multiple	Anywhere across the South-West
1800 Asthma	<p>COACH program that supports people living with Asthma. A team of Asthma Educators empower individuals with evidence-based information and strategies to improve asthma management, at no cost.</p> <p>Call 1800 ASTHMA (1800 278 462) or book a call via the website: asthma.org.au/support/how-we-can-help/1800-asthma-book-a-call</p>	Multiple	Anywhere across the South-West
Podsquad	<p>A play-based wellbeing app helping families with children aged 5-12 years to build healthy habits together, exploring nutrition, physical activity and sleep. The program is free, self paced and tailored to the family's health goals.</p> <p>Download from the Apple App store or Google Play store or visit: hw.qld.gov.au/podsquad</p>	Multiple	Anywhere across the South-West
Living Well After Stroke	<p>Living Well After Stroke is a free group-based program that helps you to change your behaviours like healthy eating, physical activity, and taking medications regularly.</p> <p>The program gives you tips and tools to better your health habits and continue making healthy changes on your own. Making these changes can help you to stay healthy and reduce the chance of another stroke.</p> <p>strokefoundation.org.au/what-we-do/for-survivors-and-carers/living-well-after-stroke</p>	Multiple	Anywhere across the South-West

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Kidney Health 4 Life	<p>Kidney Health 4 Life is an online program provides practical tools, expert advice, and a supportive community to help you live well and feel your best.</p> <p>Once you register, you receive a recommended personalised learning pathway relevant to your current kidney health profile. If you update your health profile to reflect a change in your kidney health situation, you will receive a new learning pathway. You also have access to the other courses and resources available on the Kidney Health 4 Life Hub.</p> <p>kidneyhealth4life.org.au</p>	Multiple	Anywhere across the South-West
SWHHS Community Dietitian Program	<p>The SWHHS Community Dietitian delivers a free program and individual consultations to promote and enable healthy eating. Tailored to the South West, the program empowers those at risk or with diagnosed chronic disease with nutrition knowledge and skills for lasting health improvements.</p> <p>Contact: SWHHS-HOPE@health.qld.gov.au</p>	Nutrition	Anywhere across the South-West
Vital Health Dietitian Program	<p>Vital health delivers a dietitian service to the South West community, providing tailored nutrition advice to the unique needs of the individual.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Nutrition	Anywhere across the South-West
Cook & Connect	<p>The SWHHS HOPE Team delivers a free local program that builds cooking skills and nutrition knowledge with a focus on budget friendly recipes and ingredients.</p> <p>Contact: SWHHS-HOPE@health.qld.gov.au</p>	Nutrition	Anywhere across the South-West
Vital Health Exercise Physiology Program	<p>Vital health delivers an Exercise Physiology service to the South West Community. This service uses clinical exercise prescription and the delivery of exercise and lifestyle modification programs to improve health and wellbeing.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Physical activity	Anywhere across the South-West

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Yoga Partnerships	<p>The Yoga Partnership offers free weekly online yoga classes people living in rural Queensland. Yoga builds strength, flexibility and balance, and incorporates movement, breathing and meditation benefiting both physical and mental health. Everyone is welcome - no experience necessary. Occasionally short courses are also available in addition to weekly classes.</p> <p>Register at: theyogapartnership.com.au/qldrural</p>	Physical activity	Anywhere across the South-West
SWHHS Community Exercise Physiology Program	<p>The SWHHS Community Exercise Physiologist delivers a free program that allows access to supervised exercise support. The program builds self-management skills, using physical activity as a tool to prevent and manage chronic conditions and maintain a good quality of life. Face-to-face sessions take place in a gym, health clinics and community spaces throughout the South West. Telehealth can be from the home or health clinic.</p> <p>Contact: SWHHS-HOPE@health.qld.gov.au</p>	Physical activity	Anywhere across the South-West
10,000 Steps	<p>A free, evidence-based program that encourages and supports people to increase their awareness and participation in physical activity by tracking steps, setting goals, and finding ways to be active as a part of their everyday lives.</p> <p>10000steps.org.au</p>	Physical activity	Anywhere across the South-West
Adis 24/7 Alcohol and Drug Support	<p>Free 24/7 counselling, information and support for people in Queensland with alcohol and other drug concerns.</p> <p>Call 1800 177 833, chat via web or request a call back: adis.health.qld.gov.au</p>	Alcohol & other drugs	Anywhere across the South-West
Quitline	<p>Free tailored support and counselling service to help people quit smoking and vaping</p> <p>Call Quitline for free on 13 7848 or request a call back on quithq.initiatives.qld.gov.au</p>	Smoking & vaping	Anywhere across the South-West
Medicare Mental Health	<p>Connects consumers who are experiencing stress, anxiety and other mental health issues to appropriate, locally accessible mental health programs and services, at no cost.</p> <p>Call 1800 595 212 (8.30am-5pm weekdays) or visit medicarementalhealth.gov.au</p>	Mental wellbeing	Anywhere across the South-West

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Mindspot	<p>A free online mental health service that provides screening assessments and internet-delivered cognitive behavioural therapy courses for Australians troubled by stress, worry, anxiety and depression.</p> <p>mindspot.org.au</p>	Mental wellbeing	Anywhere across the South-West
ehedspace	<p>ehedspace is a free, anonymous and confidential service that provides short-term support to help young people aged 12-25 with their mental health and wellbeing.</p> <p>headspace.org.au/online-and-phone-support/connect-with-us</p>	Mental wellbeing	Anywhere across the South-West
headspace Roma	<p>headspace Roma is a free and confidential service that helps young people in South West Queensland aged 12- 25 with their mental health and wellbeing, including alcohol support.</p> <p>Call 07 4523 6262 or visit headspace.org.au/headspace-centres/roma</p>	Mental wellbeing	Services entire South West Queensland region via telehealth
1800 4 Women	<p>1800 4WOMEN is a free, confidential helpline providing women with free mental health and wellbeing counselling and support on topics such as:</p> <ul style="list-style-type: none"> • General health and navigating local services • Non-crisis mental health and emotional wellbeing • Midwife advice and pregnancy support • Grief and loss counselling following miscarriage, stillbirth and neonatal death • Domestic, family and sexual violence counselling <p>Call: 1800 4WOMEN (1800 496 636)</p>	Mental wellbeing	Anywhere across the South-West
Cervical screening	<p>The Cervical Screening Test detects human papillomavirus (HPV) and looks for early changes in the cells of the cervix if HPV is detected. This test is for people aged 25-74 years who have a cervix and have ever been sexually active, every five years unless otherwise advised.</p> <p>Contact usual general practice or Aboriginal and Torres Strait Islander Community Controlled Health Organisation</p>	Cancer screening	Anywhere across the South-West

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BreastScreen Queensland	<p>BreastScreen Queensland invites women aged 50-74 years who haven't noticed any changes to their breasts to have a free breast screen every two years, unless otherwise advised. It is recommended that women aged 40-49 years, and over 75 years, consult their GP about whether breast screening is right for them.</p> <p>Call 13 20 50 or book an appointment with the visiting mobile van at: breastscreen.qld.gov.au/find-a-location</p>	Cancer screening	Anywhere across the South-West
Bowel Cancer Screening	<p>Men and women aged 45-74 can participate in bowel cancer screening every 2 years by completing a simple, free home test kit. If symptoms are present or there is a family history of bowel cancer, individual screening needs to be discussed with GP.</p> <p>Visit: ncsr.gov.au/information-for-participants/order-a-replacement-bowel-test-kit</p>	Cancer screening	Anywhere across the South-West
Lung Cancer Screening	<p>Are you a smoker or have you quit in the past 10 years? If you're aged between 50 and 70, you may be eligible for free lung cancer screening. Early detection can make cancer easier to treat.</p> <p>For more information speak with your GP, or call 1800 654 301.</p>	Cancer screening	Anywhere across the South-West
Parkrun	<p>A collection of 5-km events for walkers, joggers, runners and volunteers that take place every Saturday morning. parkrun is free and you only need to register once.</p> <p>parkrun.com.au/register</p>	Physical activity	Roma St George, Charleville, and Surat.
Heart Foundation Walking	<p>Australia's largest free walking network, offering Australians multiple ways to start walking and keep walking, including social walking groups and digital personal walking plans.</p> <p>hrt.how/walking-maranoa</p>	Physical activity	Roma St George, Wallumbilla, and Charleville.
Hydrotherapy	<p>Vital Health delivers a group hydrotherapy class, led by an Exercise Physiologist, targeted at decreasing pain and swelling, and increasing function, strength and range of motion. This class is ideal for those experiencing muscle, bone and joint pain.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Physical activity	Mitchell

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Mums and bubs pilates – Mitchell	<p>Vital Health offers Mums and Bubs pilates to the Mitchell community, delivered by an Exercise Physiologist. The class is targeted at creating a safe environment for mothers post-partum to reintroduce movement into their lives. Providing 45 minutes to focus on themselves and moving their bodies in ways that promote deep breathing, core strengthening and safe movement. There is a space for bubs to play if Mums prefer to complete the class solo, or variations of exercises that the bubs can join in on.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Physical activity	Mitchell
Exercise group – Surat	<p>Vital Health delivers a free exercise group class, led by an Exercise Physiologist, emphasising the improvement and maintenance of activities of daily living and chronic health conditions through a strength-based exercise program using gym equipment.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Physical activity	Surat
Tai Chi	<p>U3A Roma delivers a weekly Tai Chi class. Tai Chi is a gentle, low-intensity, slow-motion form of exercise that increases strength, flexibility and balance. It is also a form of meditation bringing mental health benefits.</p> <p>u3aroma.com</p>	Physical activity	Roma
Exercise group – Roma	<p>Vital Health partners with U3A Roma to deliver a free weekly Exercise Group. The class builds strength and balance to improve and maintain activities of daily living and help manage chronic health conditions. Led by an Exercise Physiologist, participants use 1-2kg dumbbells and a step.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Physical activity	Roma
Hydrotherapy & exercise class	<p>Vital Health offers a free, year-round movement program designed to support strength, mobility, and overall wellbeing. During the warmer months, participants can join group hydrotherapy sessions focused on reducing pain and swelling while improving strength, function, and range of motion. When the pool closes for winter, the program transitions to an exercise class, starting with a short, self-paced walk followed by a gentle, tailored exercise circuit.</p> <p>Contact: info@vitalhealthqld.com.au</p>	Physical activity	Roma

PROGRAM NAME	PROGRAM DETAILS	HEALTH BEHAVIOUR	LOCAL AVAILABILITY
Charleville Cycling and Triathlon (CRABS)	<p>An informal group who meet regularly to run, swim, and cycle; suitable for all fitness levels. The social club encourages and supports anyone that wants to train for social and health benefits. Community members can participate on their own terms and are welcome to join any or all sessions. Spare bikes are available to loan for the first couple of sessions for members interested in trying cycling.</p> <p>Community members can join the Facebook group for updates and meeting locations. Visit CRABS Facebook Group or contact: charlevilletriathlon@gmail.com</p>	Physical activity	Charleville
Healthy Ageing (Walking group, boxercise, Tai Chi) – Charleville	<p>The Charleville Healthy Ageing program offers a range of activities to support social, emotional and physical wellbeing for seniors in the community. Activities include walking groups, Tai Chi, and boxercise and are appropriate for various fitness levels and interests. These activities can support strength, flexibility, balance and mental wellbeing.</p> <p>Activities run Monday to Friday from 8:30 AM to 3:00 PM.</p>	Physical activity	Charleville
Blue Light Boxing – Charleville	<p>Blue Light delivers boxing classes to community members aged 10 and over. Led by a trainer, boxing classes are suitable for all fitness levels. Boxing is a moderate to high intensity workout that combines cardiovascular endurance with strength building, making it an effective way to improve overall fitness.</p> <p>Tuesday and Thursday afternoons at Charleville Showgrounds</p> <p>Contact Charleville Police Station on 07 46505500</p>	Physical activity	Charleville
Let's Dance – St George	<p>An informal, welcoming group for anyone who wants to move their body, enjoy music, and connect with others. Participants learn to dance a range of different dance styles in a fun and supportive environment, no experience needed. Just come along, have fun, and enjoy the benefits of movement and social connection. Everyone is welcome!</p> <p>Friday Night's 6-7.30pm at St George Community Wellbeing Centre</p> <p>Contact via Facebook group: "Let's Dance St George"</p>	Physical activity	St George

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SQRH Strength and Balance Program	<p>Southern Queensland Rural Health (SQRH) delivers a free strength and balance program for residents over 50yo or those otherwise at risk of falling. The program offers exercise and education to improve strength and balance, assisting with the prevention and management of a number of age-related issues including sarcopenia, osteoporosis, malnutrition, functional decline, cognitive decline and increased falls risk.</p> <p>sqrh.com.au/strength-and-balance-program-st-george</p>	Multiple	St George
SQRH Healthy Lifestyle Program	<p>Southern Queensland Rural Health (SQRH) deliver a free Healthy Lifestyles program. The program assists participants to make healthy lifestyle choices, increase their physical activity levels and improve their future health outcomes.</p> <p>sqrh.com.au/health-lifestyles-program-st-george</p>	Multiple	St George
SQRH Stronger Together	<p>Exercise classes with a mix of cardio and resistance training delivered by Exercise Physiologists and students.</p> <p>Held in an airconditioned gym with new equipment and a very supportive and friendly environment.</p> <p>A variety of class times held throughout the week, including after hours and women only sessions.</p> <p>Call 0467 836 514 for more information.</p>	Physical activity	St George
Active Seniors - Care Balonne	<p>The Active Seniors Program works with senior community members to reduce social isolation and encourage active lifestyles. They hold regular activities in all the towns within the Balonne Shire, all at no cost.</p> <p>To get involved you can ask to receive the monthly newsletter to be informed about upcoming activities by:</p> <ul style="list-style-type: none"> • Visiting Care Balonne at 32 Henry St, St George or • Calling 07 4626 5450 	Mental Wellbeing, Physical Activity	St George and surrounding towns in Balonne Shire

Community facilities

FACILITY TYPE	LOCATION & COST
<p>Free and low cost local pools</p> <p>Communities across the South West Queensland Region have free or low cost access to local pools some of the year, offering a great whole body, low impact option that is suitable for all fitness levels.</p> <p>Subject to seasonal opening times. Contact your council for latest price and opening times.</p>	<p>Maranoa Regional Council: <i>Roma, Surat, Injune, Mitchell, Wallumbilla = Free entry</i></p> <p>Quilpie Shire: <i>Quilpie, Eromanga = Free entry</i></p> <p>Paroo Shire: <i>Cunamulla = \$2 entry</i></p> <p>Murweh Shire: <i>Charleville = \$4 entry</i></p> <p>Balonne Shire: <i>St George = \$4 entry</i> <i>Dirranbandi = \$2 entry</i></p>
<p>Free gyms and publicly available equipment</p>	<p>Injune: <i>Publicly available equipment at the Injune Lagoon</i></p> <p>Mitchell: <i>Free gym at the Mitchell Spa</i></p> <p>Roma: <i>Public equipment along Adungadoo Pathway</i></p> <p>Surat: <i>Public equipment along Surat Riverwalk</i> <i>Gym available via the Timber Crate for a gold coin donation (collect key from Timber Crate)</i></p> <p>Wallumbilla: <i>Public equipment on the creek walkway near the skatepark</i></p> <p>Thargomindah: <i>Thargomindah Community Centre provides a gym to the community for a one-off payment of \$20. Visit the centre at 15 Dowling Street or call Bulloo Shire on (07) 4621 8095</i></p> <p>St George: <i>Public equipment along the River walk and at Rowden Park.</i></p> <p>Charleville: <i>Free gym equipment at Charleville Healthy Ageing (treadmills, rowing machine, exercise bike) available for over 40s.</i></p>