

Referral Form – Sunshine Coast Health Service District

Note: Lighten Up is designed for men and women 18 years and older who want to improve their health or who are overweight, at risk of gaining weight and want to do something about it.

Referrer Details

Date: _____

Name: _____

Phone: _____

Fax: _____

Email: _____

Client Details

Name: _____

Address: _____

Phone: _____

Reasons for referral:

Please send or fax this completed form to:

Shani Haworth
Program Coordinator (Healthy Lifestyles)
Indigenous Wellbeing Centre
PO Box 1963
Bundaberg Qld 4670
Ph: (07) 4151 5402
Fax: (07) 4151 3140
Email: shanih@iwc.org.au