How to contact us

To book a time to meet with our Health Care Link Worker, please speak to your doctor for a referral. For any enquiries please contact us on:

Email: linkworker@mgcci.org.au
Phone: 07 3343 9833
Mobile: 0491 625 869
Website: www.waystowellness.org.au

This is a free service offered to our community.
Health and wellbeing starts with taking care of ourselves as best we can and this includes having social connections. This isn’t always easy.

We can work with you to help identify activities you might be interested in and connect you with local classes, social groups and clubs within the community to help you reach your wellbeing goals.

How we can help

Our Health Care Link Worker will meet with you at a place that is convenient to you, to learn about your lifestyle and interests, and support you to engage with meaningful group programs in the community.

Together you and the Link Worker will be able to:

- Explore what is important for your health and wellbeing
- Identify the local activities and social groups you can benefit from that compliment your medical treatment plan
- Gain support and encouragement to start participating in social groups and activities that can help you connect

The Health Care Link Worker is:

- Someone to talk to confidentially
- Someone who is practical, helpful and who will not judge you
- Someone who can help you decide what you would like to do to improve your health, wellbeing and independence
- Someone who can find you activities and groups that will suit you
- Someone who can give you support along the way

Ways to Wellness
Holistic Health Project