

UQ **Healthy Living** 

Over 50s health and fitness centre.



**Psychology**

**Healthy mind,**  
healthy body...



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

# Build resilience with a mind-body connection

UQ Healthy Living can help to improve not only your physical health, but also your mental health and well-being.

Psychology consultations are **client-centred**, meaning we customise a treatment plan to your needs collaboratively.

**UQ Healthy Living makes it easier to prioritise your mental health.**



All psychology sessions are **FREE** of charge.



No referral required.

**Learn**  
more



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