

Tri Active Life

presents a community health workshop

PRESCRIBING LIFESTYLE

A Doctor's Prescription for Health at Any Age

Saturday, 10 October 2026 in the Marysville Community Centre



Dr Avi Charlton, Lifestyle GP

Want to enjoy better health,
more energy and greater
independence as you age?

Join Dr Avi Charlton and Carla Veith-Carter for a practical and inspiring presentation exploring how simple lifestyle choices can have a powerful impact on your long-term health and wellbeing.



Carla Veith-Carter, Nutritionist & Health Coach

Presentation

Discover the **Six Pillars of Lifestyle Medicine** and learn how everyday habits can help you improve your healthspan, not just your lifespan.

Lifestyle medicine can help prevent, manage and potentially reverse: Type 2 diabetes, heart disease, high blood pressure, osteoarthritis, osteoporosis, fatty liver disease, and dementia.

Discover how healthy ageing starts with everyday choices!

Registration – Presentation

Date: Saturday, 10 October 2026, 11:00 am to 12:30 pm

Venue: Lake View Room, 31 Falls Road, Marysville

Cost: \$15 + booking fee

Register: [HERE](#)

OR go to Eventbrite, search 'Prescribing Lifestyle'
The presentation will be recorded.

Shared Medical Consultations

For those who want to deepen their knowledge, Dr Avi Charlton and Carla Veith-Carter will also offer Shared Medical Consultations with 6 participants in one group. Participants

- ✓ Receive their own personalised medical advice.
- ✓ Learn from other participants' questions and experiences.
- ✓ Benefit from lifestyle education in a supportive group.

Registration – Consultations

Date: Saturday, 10 October 2026

Session 1: 2:00 pm

Session 2: 4:00 pm

Venue: Tree Fern Room, 31 Falls Road, Marysville

Cost: Medicare bulk billed consultation

Register and consent: [HERE](#)

or contact hello@triactivelife.com.au for instructions

Eligible Medicare card holders may qualify for bulk-billed consultations and will be required to complete the Shared Medical Consultation Participant Information and Consent form.

We gratefully acknowledge support and funding from