

## SKILLS FOR LIVING

This unique 6 week program will support you to build your skills for healthy eating and living. An Accredited Practising Dietitian won't just talk at you, but will actually walk you through the process!

In a relaxed, small group setting come and enjoy meeting others over a cuppa and share and learn new food skills (see over for more details).

People who may benefit from this program are those wanting support to:

- make healthier food choices
- manage their weight and strength
- improve health indicators such as cholesterol and blood pressure, and
- meet other people with similar challenges



**When:** Each program commences when there are enough expressions of interest to form a small group.

**Where:** Gateway Health Wangaratta

\*For further details and to register your interest, please contact our Dietitian on 03 57 232 062

## Skills covered:

- Healthy eating:** Update your knowledge on what to eat every day, what to limit and how to enjoy food without under- or over- doing it
- Portion control:** Practice weighing foods to become more familiar with recommended serve sizes
- Menu planning:** Plan and trial a weekly menu and save on your budget
- Label reading:** Learn how to interpret labels on food packages
- Supermarket tour:** Navigate supermarket aisles and practice label reading
- Modifying menus & recipes:** Practice how to make healthier choices from a café or restaurant menu and by modifying your own recipes

## What others have said about the program:



"I can't believe how much money I'm saving off my grocery bill"

"I'm now cooking for myself and relying less on takeaway"

"I've made new friends and we're supporting each other"



"This is the best course I've ever done"

