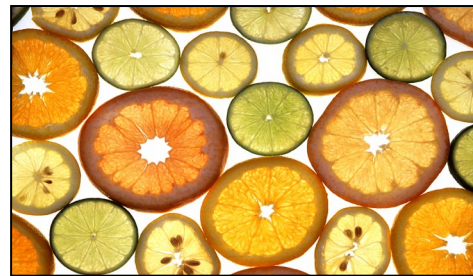




**NUTRITION**  
**Accredited Practising**  
**Dietitian**



**Dietitians support:**



- Simple and tasty recipes
- Cooking
- Food choices
- Food budgeting
- Grocery shopping
- Reading food labels
- Meal planning

**Dietitians offer:**



- Healthy eating
- Bowel and gut health
- Special dietary needs
- Nutrition supplements
- Chronic conditions
- Recovery
- Chewing and swallowing problems

**Dietitians promote:**



- Eating with others
- Food enjoyment
- Healthy eating behaviours
- Lifestyle changes
- Motivational counselling

**Good nutrition supports your daily life by...**

**Maximising energy and strength** for daily activities, such as house chores, gardening, visiting and hobbies

**Maintaining muscle and bones** to prevent injuries, falls, poor mobility and loss of independence

**Assisting your immune system** to prevent illness and aid recovery



**Improving response to health treatments** and medications

**Promoting healthy ageing** and slowing down age-related changes to skin, bone density and eye health

**Maintaining emotional wellbeing** and mental alertness

## Our Allied Health Services



- Diabetes Education
- Dietitian
- Occupational Therapy
- Physiotherapy
- Podiatry
- Speech Pathology

**Let us work with you to help you achieve what you feel is important.**

