

Like to find out more?

To find out how Ballarat Community Health might be able to assist you in reaching your full health potential, drop in to any of our sites or call our central number:

5338 4500

Ballarat City Centre

710 Sturt St

Ballarat East Centre (APROTCH)

Cnr Queen St & Dyte Pde

- **Sebastopol Centre**

260 Vickers St

Wendouree Centre (Cooinda)

10 Learmonth Rd

Administration

PO Box 1156, Bakery Hill MC, VIC 3354

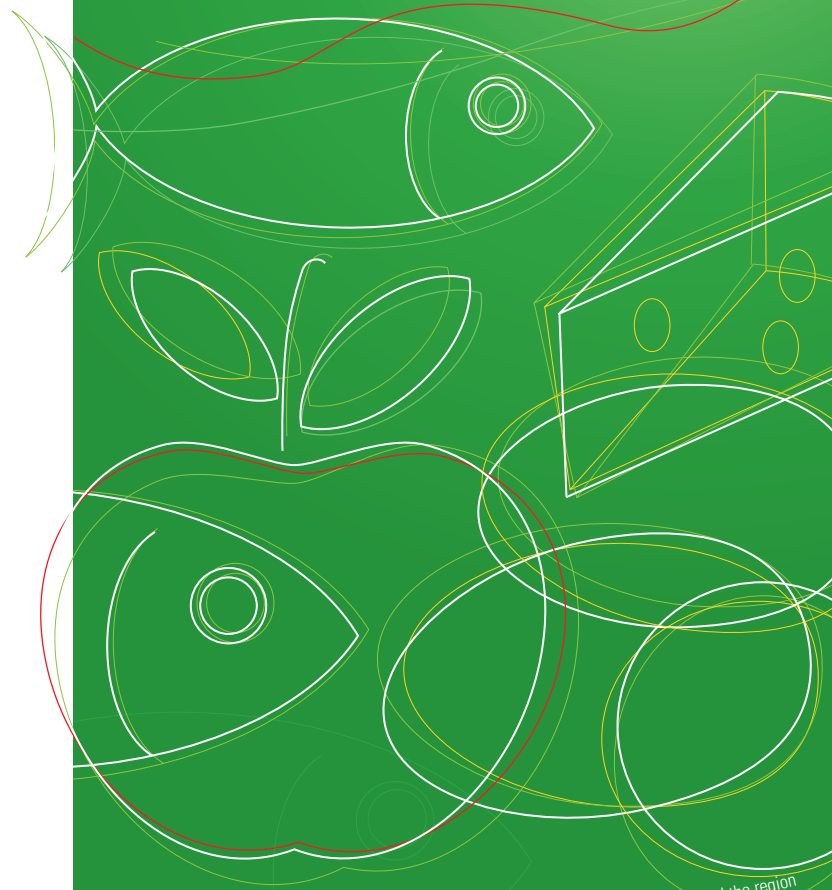
T 5338 4500

F 5331 5470

E info@bchc.org.au

W www.bchc.org.au

Dietary Counselling ...
eat well – live well
for all ages



Ballarat Community Health Nutrition & Dietetics Service aims to promote health and wellbeing by empowering the community to make informed food choices.

Dietetic Counselling

Dietary consultations are available for those who would like to adapt a healthier lifestyle or who have specific nutritional or health-related concerns.

Health Promotion

Ballarat Community Health is also involved in many health promotion activities in the region, and a dietitian is available to attend special information days and events to help promote healthy eating and good nutrition.

Healthy Lifestyle Programs

Ballarat Community Health runs many programs to improve the community's awareness of nutrition and the importance of healthy lifestyles, including:

- Healthy Weight for Men
- Healthy Weight for Women
- Type 2 Diabetes Education Program
- Diabetes Supermarket Tours
- Eating Gluten Free.

Healthy Weight for Men

A seven week program designed to assist men in improving their health through learning about adequate nutrition, physical activity, behaviour, change and positive thinking.

Healthy Weight for Women

A seven week program designed to assist women in improving their health and vitality through learning about adequate nutrition, physical activity, self esteem and behaviour change.

Type 2 Diabetes Education Program

A six week program for individuals or carers to assist with managing Type 2 Diabetes. Topics include food choices for diabetes, benefits of exercise, changing behaviour, medications, diabetes education and footcare.

Diabetes Supermarket Tours

A two hour education session around various supermarkets in Ballarat. This program assists people to understand and read labels to make healthier food choices.

Eating Gluten Free

Program educating those with coeliac disease or gluten intolerance about foods to avoid because of gluten content and how to incorporate this into a healthy lifestyle.