

## 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 VIC 3354

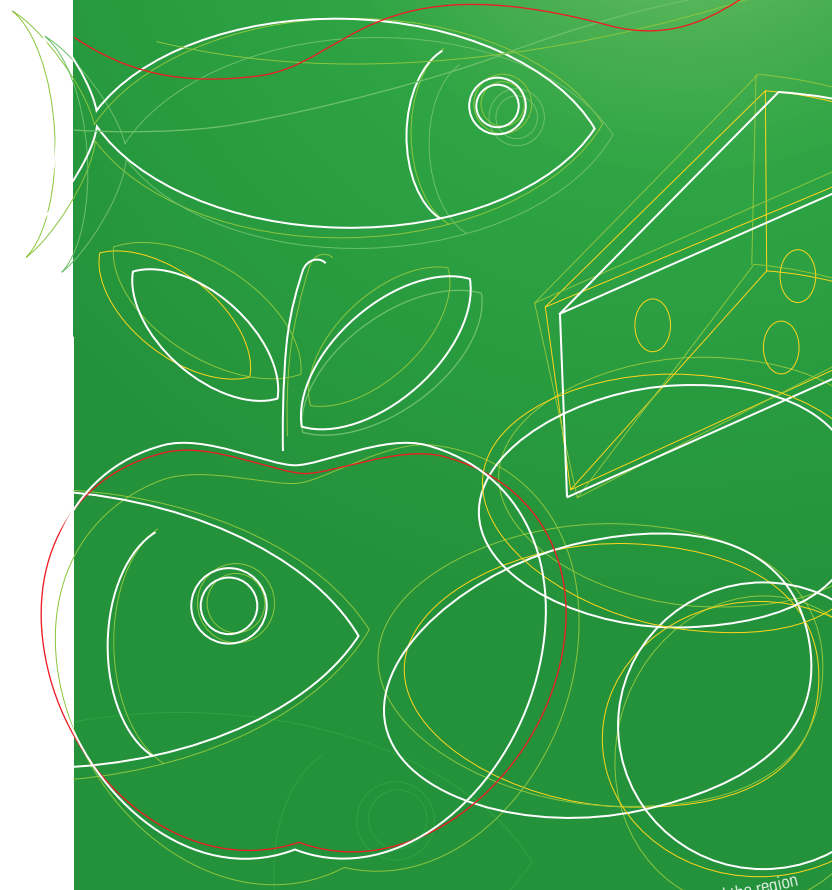
**T** 5338 4500

**F** 5331 5470

**E** [info@bchc.org.au](mailto:info@bchc.org.au)

**W** [www.bchc.org.au](http://www.bchc.org.au)

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



Promoting health and well-being and preventing illness throughout Ballarat and the region

**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:

- BellyBusters for Men
- Tummy Trimmers for Women
- Cooking for One
- Cholesterol-lowering Info Session
- Type 2 Diabetes Education Program.

### **BellyBusters for Men**

A seven-week program specifically targeted for men, which covers all aspects of nutrition and how to adopt a healthier lifestyle.

### **Tummy Trimmers for Women**

A program specifically for women who would like to improve their nutritional intake and lifestyle. It runs for six weeks and covers issues such as body image, nutrition, exercise, self-esteem and behavior change.

### **Cooking for One**

A one-off cooking and information session providing an opportunity to learn how to cook simple, interesting and nutritious meals for one or two people.

### **Cholesterol-lowering Info Session**

An information session about high cholesterol and heart disease, and about lifestyle changes to assist with lowering cholesterol and improving overall health.

### **Type 2 Diabetes Education Program**

A four-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 and foot care.

**To find out more about these and other programs, please call 5338 4500**