



Bringing nutrition to life

You are what you eat and this is particularly so when it comes to healthy ageing. If you would like to eat well and be well, we can help.

Our specially designed Nutritional Wellness program, run by qualified health professionals, has been designed to help educate you about health and food safety and will provide you with the resources and confidence to prepare nutritious meals.

We will explain the relationship between the foods you eat and how you can use different foods to manage and prevent health conditions.

For more information:

1300 782 896 | integratedliving.org.au





The Nutritional Wellness program is run by **qualified health professionals**, supported by a **Dietitian**, who will educate and empower you to make **positive nutritional choices**.

This program will run for 16 weeks:

- Health and nutrition assessment;
- Development of a 'My Nutrition Plan';
- Once a week face-to-face group sessions;
- Knowledge of the relationship between diet and preventing and managing chronic diseases;
- Learning about different food and tips for cooking and food safety;
- Use of an iPad for duration of the program.

To be eligible you must:

- Be aged 65 years and older or 50 plus if you identify as Aboriginal or Torres Strait Islander;
- Be interested in preparing nutritious meals, and learning how you can use different foods to manage and prevent health conditions;
- Have a My Aged Care Referral.