



Are you confused about what to eat? Or are you feeling overwhelmed by nutrition messages from family & friends? Perhaps you are just tired of rules around eating?

Nutrition is important for everyone, regardless of body size or health. Your health is not a number on a scale.

Our Dietitians understand that there is no one-size-fits-all approach to improving health. With compassion and encouragement, we help you to support your health and wellbeing.

Our Dietitians can support you with:



Nutrition for everyday eating



Body image concerns



Diabetes and prevention of diabetes



Nutrition for pregnancy and breastfeeding



Poor appetite, loss of strength (energy) or unexplained weight loss



Food intolerance and allergy



Heart health, cholesterol, and high blood pressure



Vegetarian eating



Stomach and gut concerns, such as constipation, irritable bowel syndrome or coeliac disease



Vitamin and mineral deficiencies such as low iron or low Vitamin D



Fussy or selective eating

Our Nutrition & Dietetics program can

- > Nutrition assessments and action plans to support your goal
- > Individual one-on-one or family sessions
- > Group education and programs
- > Referrals to other services, as required
- > Referrals into community-based programs and groups





Who can use this service

The service is available to all ages.

We accept self-referral, GP/Hospital referral or My Aged Care referral. The service is also available through NDIS and Home Care Package Plans.

Fees

Please note there is a client co-payment for this service.

Clients with a valid healthcare card: \$10.30 per visit.

Clients without a valid healthcare card: \$15.60 per visit.

For more information on fees, see our Client Fees Schedule at dpvhealth.org.au

Access to Interpreter Services

We offer FREE interpreter access to all clients who need it.

If you require an interpreter, please let our staff know at the time of making an appointment

Service locations



Broadmeadows

42-48 Coleraine Street Broadmeadows VIC 3047



Mickleham North

82-90 St Georges Boulevard Mickleham VIC 3064



Craigieburn

55 Craigieburn Road Craigieburn VIC 3064



Mill Park

20 Civic Drive Mill Park VIC 3082



Epping

230 Cooper Street Epping VIC 3076



Whittlesea

40-42 Walnut Street



Meadow Heights

21-27 Hudson Circuit Meadow Heights VIC 3048

How to make an appointment

To make an appointment call **1300 234 263**, and select **Option 4** (All other Healthcare Services)

 1300 234 263

 dpvhealth.org.au

 info@dpvhealth.org.au



DPV Health acknowledges the traditional Custodians, Elders and Lands of the Wurundjeri people. DPV Health is committed to the Victorian Child Safe Standards in policy and in practice, to promote and protect the best interests of all children involved in our services.