

Who can use this service?

IPC Health provides dietetics services to people of all ages who live, work or study in Brimbank, Wyndham or Hobsons Bay.

Older Australians (aged 65 and over and Aboriginal and Torres Strait Islander clients aged 50 and over) must first contact My Aged Care on **1800 200 422** to access this service.

Groups available

IPC Health will sometimes run the following activities:

- diabetes groups
- supermarket tours
- groups to learn basic cooking skills
- groups that can help you learn to eat well, stay healthy and motivated, as well as receive support from other people in the same situation as you

Contact your nearest IPC Health campus to find out what groups are running and when.



IPC Health acknowledges the support of the Australian and Victorian Governments.

IPC Health Corporate Office

106 Station Road
Deer Park VIC 3023
PO Box 171 Deer Park VIC 3023

ACN 136 685 151
ABN 68 846 923 225

Deer Park

106 Station Road
Deer Park 3023

St Albans

1 Andrea Street
St Albans 3021

Sunshine

Level 1, 499 Ballarat Road
Sunshine 3020

Altona Meadows

330 Queen Street
Altona Meadows 3028

Hoppers Crossing

117–129 Warringa Crescent
Hoppers Crossing 3029

Wyndham Vale

510 Ballan Road
Wyndham Vale 3024

1300 472 432

W ipchealth.com.au

E ipchealth@ipchealth.com.au

f IPC Health **in** IPC Health **🐦** IPHealth_au

ipcHealth

Dietetics



What do dietitians do?

Accredited dietitians support you to eat well and improve your health and wellbeing.

Dietitians have the knowledge to help you make good choices for your own health needs.

How can a dietitian help?

A dietitian can help you learn about healthy eating, and they can also help you learn to manage:

- diabetes
 - depression, anxiety and other mental health issues
 - cholesterol and heart health
 - food intolerances and allergies
 - gut and digestive issues
 - your child's nutrition needs for growth and development
 - weight for health
 - many other health conditions
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Is there a fee?

A fee may apply to this service. To learn more, please contact our Client Services team.



What can you expect in your appointment?

The dietitian will want to know you better by finding out about you:

- current health and medications
- eating habits, cooking skills, food budget
- understanding of food and nutrition
- health and recovery goals

This will help you set achievable goals that will improve your wellbeing.

How do I book an appointment?

Contact your nearest IPC Health campus. You might have to wait before an appointment becomes available.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.

