



Healthy Eating

for Older Australians

mecwacare, together with Western Victoria Primary Health Network, are pleased to invite you to a Healthy Eating Workshop for Older Adults.

Are you unsure whether the food or drink you consume is effective in ensuring your ageing process is healthy?

Are you interested in how to make better overall food choices to improve health, wellbeing and healthy ageing?

When Wednesday 19th March 2025
10am - 11:30am

Where mecwacare The Pines
510 Kline st Canadian

Cost Workshop: free

This workshop will be taken by our accredited practising dietitian Nadiesharni.

**REGISTER
YOUR
INTEREST**

You will learn about:

- Helpful tips and valuable insights about healthy eating to aid proper ageing
- Why some nutrients are more important as you age
- What to do if you or a loved one are losing weight or lacking a proper appetite
- Prevention and management of various chronic and metabolic health conditions

For more information and to register, contact Louise Mayall, RN1 (Advisor in Healthy Ageing)

E Louise.Mayall@mecwacare.org.au

P 03 5366 7934 M 0429 054 503

Allied Health Receptionist: P 5366 7907



Freecall 1800 163 292



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