

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 28 August 2024
10am - 11:30am

Where mecwacare Ballan: Health and Care Training room

Cost Workshop: free
Morning tea: free

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

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

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



Freecall 1800 163 292



mecwacare.org.au