

Fees for Services

Physiotherapist	\$10.00
Diabetes Nurse Educator	\$10.00
Dietitian	\$10.00
Community Health Nurse	\$10.00
Exercise Physiologist	\$10.00

Should payment of a fee stop you from using this service, please inform reception.

For an appointment

Call reception on **5479 1000** and leave your contact details. An intake worker will call you to make an appointment.

For more information on group programs, please see the **Castlemaine District Community Health Group Programs brochure**

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

Fax: 03 5472 3221

email@cdch.com.au

www.cdchcastlemaine.com.au

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



Castlemaine
District
Community
Health

COMMUNITY HEALTH

Information Resources Promotion

For more information,
contact Reception on 5479 1000
or visit our website
www.cdchcastlemaine.com.au

Dietitian

*Your Health
Your Community
Your Community Health Centre*

**Facilitating
Better Health**

Castlemaine District Community Health (CDCH) offers a range of services and programs aimed at promoting health and preventing illness. These are for both individuals and groups.

CDCH is part of your community

Dietitian

Our accredited Dietitian offers many services to promote healthy eating.

The Dietitian helps people to understand:

- What is healthy eating
- How to set realistic goals
- How to plan, shop, and budget for healthy meals
- How to change recipes

Our Dietitian can also help you to understand your relationship with food. Learn how to stop emotional eating, and eating when you are not hungry. Become aware of when you are hungry and full.

Dietitians sometimes work with other service providers so they can provide you with the best support and advice.

'Make a Change' Weight Control Group

The 'Make a Change' group supports, motivates and educates healthy lifestyle changes in a friendly, relaxed group environment.

The six weeks of hands-on workshops (and homework) includes:

- nutrition information
- meal and menu planning
- healthy eating on a budget,
- new skills
- how to overcome barriers
- physical activity sessions

Make a Change is run by a qualified Dietitian and fitness instructor.

People with Diabetes and weight problems are very welcome.

Eligibility:

Make a Change is for adults of all ages

How to Join:

One to two groups happen each year. Call Reception on 5479 1000 and ask to put your name on the waiting list.

Fees:

\$48 for 6 weeks



**Castlemaine District
Community Health**
Facilitating Better Health

Individual Appointments with the Dietitian

Our Dietitian can help you with:

- General healthy eating and nutrition
- Weight management
- Diabetes and Pre-Diabetes
- Food Allergies and Intolerances
- Coeliac Disease
- Irritable Bowel symptoms
- Kidney Disease
- High Cholesterol
- Blood pressure control
- Osteoporosis
- Arthritis
- Gout
- Eating disorders
- Pregnancy and breast feeding
- Sports performance
- Children's feeding difficulties

Eligibility:

People of all ages are welcome. Referral is not necessary.

Fees:

This service costs \$10
Should payment of the fee stop you from using this service, please tell reception.

To access any of our services, please call Reception on 5479 1000

Fees apply to some services, please ask at reception