

# DIET hit a snag?



## Healthy Lifestyle Program

Osborne Park Hospital  
Phone: 9346 8128

## WHAT IS THE HEALTHY LIFESTYLE PROGRAM?

A program for both men and women providing advice on:

- healthy weight loss
- high cholesterol
- high blood pressure
- blood sugar control; or
- exercise.

## WHO RUNS THE PROGRAM?

The Dietitian and Physiotherapist at Osborne Park Hospital provide advice and support on making permanent healthy lifestyle changes.

## WHAT WILL I GET OUT OF THE PROGRAM?

The education sessions cover:

- how to eat a balanced diet
- label reading
- eating out
- setting your own goals
- modifying recipes
- exercise tips
  - ▶ FREE giveaways
  - ▶ meal plan and recipe ideas
  - ▶ opportunity for follow-up

## HOW MUCH DOES IT COST?

The sessions are FREE for anyone living in the North Metropolitan area.

## HOW DO I JOIN?

Call 9346 8128 to register for the next Healthy Lifestyle Program

Aug 05

