

*I am doing my best
to eat slowly and
enjoy with all my
senses*



Health, Not Diets Group

*Look after your health by changing the way
you eat*

This is a four week program for women below 65
years of age to talk about:

- diets and dieting – do they work?
- how to tune in to your body's appetite signals
- managing urges to eat when you are not hungry
- look after your health whilst enjoying food.

Your doctor can refer you via intake at
intake@nrch.com.au or you can call 9418 9800.



North Richmond Community Health (Wulempuri-Kertheba)
stands on the traditional lands of the Wurundjeri people.
We pay our respects to their elders, past and present.



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Wulempuri - Kertheba