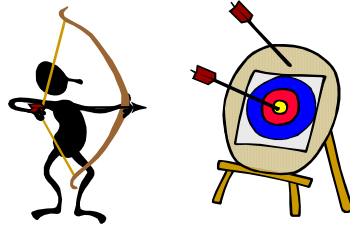


# Eating for Health

A 10 week program to improve your eating habits

Northside Nutrition and Dietetics  
Accredited Practicing Dietitians



## What?

A 10-week email education program to help you in improving your eating habits

## Why?

At Northside Nutrition and Dietetics we realise that working out exactly what you should be eating and then putting this into practice can be difficult. This course has been developed to meet this need and is based on the feedback we have received from you.

## How?

Each Monday you will receive an email containing information and tasks to complete which will assist you in improving your eating habits

## When?

Starts July 28th and runs for 10 weeks

## Cost?

At only \$55 for 10 weeks (\$5.50/week) this program offers great value as a tool which will help you to eat well

✂ \_\_\_\_\_

**Please book me into NNDs *Eating for Health* e-program for \$55 (incl GST).**

**Name:** \_\_\_\_\_

**Postal address:** \_\_\_\_\_

**Ph:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Payment by:**

Cheque       Bankcard       M/C       Visa

**Card holder's name:** \_\_\_\_\_

**Card number:** \_\_\_\_\_

**Expiry date:** \_\_\_\_/\_\_\_\_

**Signature:** \_\_\_\_\_

**Return to Northside Nutrition and Dietetics, Suite 74 Chatswood Village, 47 Neridah Street, Chatswood NSW 2067 or Fax: 9415 1446.**