



North Yarra Community Health

Eat Smart - Live Well

This is an informal education program for women and men who would like to lose weight to improve their health. Eat Smart -Live Well provides participants with practical strategies to promote long term healthy lifestyle changes. Sessions can be conducted for different groups including non-English speaking communities.

Venue: NYCH Collingwood Centre,
365 Hoddle Street, Collingwood

Contact: Lina La Guardia (dietitian)
(03) 9411 4333
lina.laguardia@nych.org.au

Please note that no Groups or Activities are held on Public Holidays.

We welcome your feedback about Groups or Activities.

Contact our Health Promotion Coordinator on (03) 9349 7333.