

Dietitian support for West Coasters

The West Coast Primary Health Organisation (WCPHO) Dietitians work alongside medical centres, rural clinics, and other health providers to help make sure the health and well-being of Coasters is the best it can be.

Our team of dietitians are qualified and experienced health professionals who provide credible information and personalised support, for people who want to:

- Learn how to best manage their nutrition related health condition e.g. prediabetes, diabetes, cardiovascular disease, high cholesterol, high blood pressure and polycystic ovarian syndrome.
- Develop skills to break the diet cycle and make peace with food.
- Improve their health and quality of life through focusing on things like eating foods that are satisfying, joyful movement, sleep, and stress management.
- Find out how to raise healthy confident kids.

All services are **FREE**

Option of in-person, telephone or online support

Referrals via Halcyon

Individuals can self-refer via our website: <http://www.westcoastpho.org.nz/self-referral-forms/nutrition-self-referral-form>



Stephanie Blackman
NZ Registered Dietitian



Bronwyn Beavon
NZ Registered Dietitian



Alisa Duncan
NZ Registered Dietitian