

### **CBCHS Mission Statement**

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

### **Values**

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

### **Values**

Quality. Community. Wellbeing.

## **Address all correspondence to THE CEO CENTRAL BAYSIDE COMMUNITY HEALTH SERVICES**

**HEAD OFFICE  
335 NEPEAN HIGHWAY PARKDALE  
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also  
available from the following venues**

### **DENTAL CLINIC**

335 NEPEAN HIGHWAY PARKDALE  
TELEPHONE 8587 0350

### **ADULT COMMUNITY OPTIONS**

299 CENTRE DANDENONG ROAD CHELTENHAM  
TELEPHONE 9581 1111

### **CHELSEA**

3/1 THE STRAND CHELSEA  
TELEPHONE 9781 9333

### **CLARINDA**

58 VINEY STREET CLARINDA  
TELEPHONE 9552 4333

### **PLANNED ACTIVITY GROUPS**

31 VENICE STREET MENTONE  
TELEPHONE 9583 6970



## **DIETITIAN NUTRITION SERVICE**



**335 Nepean Highway Parkdale 3195  
Telephone 8587 0200 Fax 8587 0210  
Email : [info@cbchs.org.au](mailto:info@cbchs.org.au)  
Web Site : <http://www.cbchs.org.au>  
Working Smoke Free**

A Dietitian's role is to assist individuals to make lifestyle changes; to enhance and support treatment of certain medical conditions and to motivate individuals to manage chronic conditions by making changes which will improve their general health and well being through sensible eating, regular exercise and a positive outlook.

Our Dietitians are accredited practicing dietitians and members of the Dietitians Association of Australia.

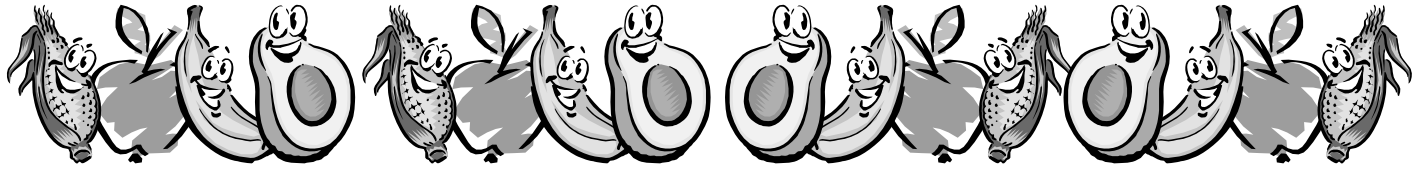
## **QUALIFICATIONS**

A Dietitian must complete an accredited Masters or Bachelor Degree of Nutrition and Dietetics.

A continuing professional development program exists and dietitians who undergo the program are called:-  
Accredited Practicing Dietitians (APD)

## **APPOINTMENTS**

For all enquiries or to make an appointment please ring:-  
Parkdale - 8587 0200  
Chelsea - 9781 9333  
Clarinda - 9552 4333



## **DIETARY GUIDELINES**

1. Choose a wide variety of nutritious foods.
2. Control your weight by balancing food intake and physical activity.
3. Do not eat too much fat especially saturated fat.
4. Use sugar and foods containing sugar, only in moderation.
5. Eat more bread and cereals, fruit and vegetable.
6. Drink less alcohol.
7. Use less salt.
8. Eat foods containing Calcium.
9. Eat foods containing Iron.
10. Encourage and promote breast feeding.

## **DIETITIANS ARE ABLE TO ASSIST WITH :-**

### **DIABETES EDUCATION**

Dietary Information and support

### **WEIGHT MANAGEMENT**

### **CARDIAC DISEASE**

Hyperlipidaemias+Hypertension

### **GASTROINTESTINAL DISORDERS**

Food Allergies / Intolerances

### **ANTENATAL / POSTNATAL NUTRITION**

### **HEALTHY EATING**

For all Age Groups

### **HEALTH PROMOTION**