



Group workshops

Sometimes realising that there are other people going through a similar situation to ourselves helps to ease the emotional load on us.

Saying the words out loud to other people in a safe and supportive environment can be like taking a deep breath of fresh air that allows us to look at our situation from a fresh perspective.

Our group workshops give you an opportunity to discuss your successes & struggles, develop personal awareness of your habits (both good and not so good), whilst also giving you time to practice new skills and habits; highlighting unknown

challenges and unhelpful cognitions impacting on successful behaviour change.

Our workshops have a maximum 12 people in each class, so your personal journey can be discussed in a small group setting, amongst likeminded people without judgement. They have also been priced for affordability. Medicare and private health insurance rebates may apply.

***Please note that Medicare rebates apply only to those on a Mental Health Care Plan for our psychology group workshops. All other fees are eligible for private health insurance rebates. All group workshops are payable in full at the time of booking. Medicare rebates will be processed at each session.*

1. Living Well with Bariatric Surgery

A 3-hour group workshop on being your best bariatric self with Natalia (psychologist) and Christie (dietitian).

Changing your mind set

- How to manage new found attention from others as weight drops
- How to manage eating out in restaurants and with friends
- In cases where food was an emotional management tool, what happens now?
- Grief and Loss associated with changes to eating behaviour
- How the body has adjusted to rapid weight loss i.e. excess skin etc.
- How have friends and family responded or changed in light of your weight loss?
- How have you changed personally due to weight loss? How has this impacted your relationships / work / other?

Changing your eating habits

- Eating well & food variety
- Bariatric nutritional needs Vs AGTHE
- Food marketing, food labels and food dollars
- Portion sizes versus serving sizes. How much should I eat post-surgery?
- Weekly menu planning, shopping & cooking
- Liquids and Sugar

When: Thursdays 5.30 – 8.30

Cost: Total cost \$150*

**\$75 for Psychology part. Health insurance rebates may apply. \$31.65 Medicare rebate, gap \$43.35.*

\$75 for Nutritional part. Health insurance rebates may apply. No Medicare rebates

2. Self Care & Stress Management

A 90 minute workshop facilitated by Natalia (psychologist).

Good mental health cultivates good physical health. If you are finding that the stress in your life is preventing you from achieving your health goals and your best in life, then this workshop is for you.

When: Thursdays 5.30 – 7.00

Total Cost: \$40

\$31.65 Medicare rebate - You Pay Only \$8.35

Health insurance rebates may apply

3. Cooking for Bariatrics

Cooking skills, techniques and recipes pre and post surgery.

Basic equipment needed, portion sizes, protein powders, freezing, how to determine if a recipe is suitable for you, how to cook for you and your family, how to adapt recipes for your nutritional needs. Recipes and food included.

When: Wednesdays 5.30 – 7.00

Total Cost: \$110

Health insurance rebates may apply

All consultations and workshops are held in our clinic at:

**Suite 1, Level 1, 401 Scarborough Beach Road,
Osborne Park, WA, 6017**

(Free parking available)

P (08) 9385 7755 F (08) 6161 6588



Complete Mind and Body Package \$100 discount

- Three sessions with each of the healthy lifestyle team (9 sessions in total)
- 3 Individual Dietetic consultations
- 3 Individual Counselling Sessions
- 1 x PT session plus 5 Class pass
- Normally \$1037.50. As a package only \$950

Buy a Complete Mind and Body Package Gift Voucher

(Complete Mind and Body Package is valid for 6 months from date of purchase)

What You Can Expect

- Personalised dietary & health advice
- Someone to listen to your needs
- University qualified Health Professionals to consult with
- A Multi-Disciplinary approach which means you have the support and guidance of our entire health team
- A greater chance of success that is supported by scientific research
- Openness and honesty
- Ongoing education and healthy eating recipes
- No fads, no gimmicks, no pressure
- A free cuppa and friendly faces

Call today to chat about your health goals.

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