



Eat Well

Our one hour Eat Well workshop offers practical tips and advice for eating well to maintain good nutrition. It includes a cooking demonstration, and you will leave with practical written information to take home. Your family members or carers are welcome to attend with you.

The one-off workshop is coordinated by a Helping Hand dietitian. Once you've attended the workshop, you will be offered a follow up phone or clinic appointment with a dietitian.

Times and Locations

Second Tuesday of each month 9:30am
Helping Hand Harrison Court
54 Buxton Street, North Adelaide

Second Thursday of each month 9:30am
The Gardens Recreation Centre
corner Kings and Martins Roads, Parafield Gardens

Commonwealth Home Support Programme or Home Care Package funds can be used to pay for an initial health assessment and your class fees. Private health insurance rebates for fees may also be claimed.

Contact us on 1300 444 663 or homecare@helpinghand.org.au to find out more