



# Nourish to Rebuild Strength

Our one hour Nourish to Rebuild Strength workshop offers practical tips and advice for improving nutrition and wellbeing. It includes a cooking demonstration, supplement tastings, and 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 11:00am**  
Helping Hand Harrison Court  
54 Buxton Street, North Adelaide

**Second Thursday of each month 11:00am**  
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](mailto:homecare@helpinghand.org.au) to find out more