

#GetOnlineWeek

"Beyond Nutrition – Health is Wealth"

- Nutrition for general health overview
- Dietary management of common health concerns
- Food preparation and storage
- Cooking demonstration

A live presentation by Dietitian Megan Watt of
Mount Gambier
WAB Get Online Week 2023 project



- ❖ **Monday 16 October 2023 at 5pm - live presentation on Zoom – questions welcomed**
- ❖ **Thursday 19 October 2023 at 10am – Monday's session will be replayed including questions from members**
- ❖ **Family and friends welcome**



Be Connected
Every Australian online.



Megan Watt
Dietitian@Pinehall

