



DIETWISE  
SIMPLIFYING NUTRITION

*This is a*

**S A F E**  
**S P A C E**

*free of judgement & comparisons*

**Please leave talk about food, eating, diets, weight, shape, body and unsolicited health advice at the door.**

**Respect differences in bodies, food choices, eating habits and sensory sensitivities.**

Accredited Practising Dietitians | [www.dietwise.net.au](http://www.dietwise.net.au) | (08) 9388 2423