

Nutrition for Good Health

Date: Thursday 15 October 2026
Thursday 22 October 2026
Time: 10:00am – 12:00pm (2 Hours x 2 Weeks)
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

In this course, you will gain an understanding of the basics of nutrition and how good food can positively impact your health and recovery.

You will learn how to develop healthy eating behaviours and have an opportunity to analyse your own diet. We also explore diet fads, healthy takeaway, how to eat well on a budget and where to go to for ongoing nutrition support and advice.

To enrol please visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college



Photo on Unsplash



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au