



6 **week** NUTRITION PROGRAM

Want to improve your energy, enhance performance, and take control of your health? Our nutrition program is designed to empower you to achieve your goals.

What is included in the program?

- ✓ Individual dietitian appointments
- ✓ Weekly zoom education sessions
- ✓ Ongoing accountability measures
- ✓ Supermarket tours

All led by an Accredited Practising and Sports Dietitian



 @holistic.me.support
 hello@tidsa.com.au
 <https://www.holisticme.net.au>
 (08) 7092 8680

Starts 20th October 2025:



**Weekly Zoom sessions
Mondays at 12:30 pm**



**Supermarket tour
9th November 2025 at
9:00 am and 10:00 am**



\$85/week



Scan the QR code to register your interest or contact us on (08) 7092 8680 to learn more!