

MEET OUR DIETITIAN



Dietitians are the only 'Nutritionists' recognised by Medicare and DVA. Dietitians are your most credible source of nutrition information to improve your health and well-being.

WHAT DOES A DIETITIAN DO?:

Seeing a dietitian isn't about strict rules or boring meal plans. They're not the food police! Instead, it is personalised guidance on how to enjoy food while also taking care of your health. It's like having a friendly expert by your side to help you make smart choices and feel great about what you eat.

Some of the the ways we can help:

- Meal plans including easy to follow recipes and shopping lists to make eating well at home easy and nutritious.
- Nutrition strategies for medical conditions such as diabetes, arthritis, depression, heart disease, cancer treatment symptom management, gastrointestinal issues.
- Personalised behaviour-change strategies to help you reach your goals that come from credible research and many years of experience.

COSTS:

No out of pocket costs with a DVA referral

Medicare rebates of \$58 with a care plan from your GP (we don't bulk-bill)

NDIS funding accepted (self-funded or care plan managed)

Private Health rebates with 'extras' cover

LOCATION:

Robina

Bond Institute of Health and Sport, Ground Floor
2 Promethean Way (next to the CBUS stadium and Robina train station)

Note: Home Visits are available

MEET OUR TEAM



ANNA D'ARCY

DIETITIAN, MPH M NUTRDIET, BHSC

Bariatric surgery support weight concerns, Credentialed Eating Disorder Clinician, Monash FODMAP Dietitian

INITIAL (45 MINUTES) \$105 REVIEWS (30 MINUTES) \$70



ALOYSA HOURIGAN

DIETITIAN, PGDIPCOUNS, GDIPNUTRDIET, BSC

Eating disorder treatment and recovery, gastrointestinal conditions, Coeliac disease, post graduate diploma in counselling, over 20 years experience

INITIAL (60 MINUTES) \$170 REVIEWS (30 MINUTES) \$85



TESS HARTLEY

DIETITIAN, BNUTRDIET, DHSC,

IBS, weight management, diabetes, chronic disease management, endometriosis, pain management, cancer treatment support, depression

INITIAL (45 MINUTES) \$105 REVIEWS (30 MINUTES) \$70



DR JAIMON KELLY

DIETITIAN, PHD (CKD NUTRITION), MNUTRDIET, BSC

Renal specialist, kidney disease, dialysis nutrition support, liver and cardiovascular disease, research fellow at University of Queensland adjunct assistant professor at Bond University

INITIAL (60 MINUTES) \$195 REVIEWS (30 MINUTES) \$100



JACQUI PALMER - TELEHEALTH ONLY

DIETITIAN, GDIPNUTDIET, BAPPSC

Nutrition support for Autism, food refusal and fussy eating, gastrointestinal issues in children, faltering growth in infants/children, certified SOS approach to feeding practitioner

INITIAL (60 MINUTES) \$150 REVIEWS (30 MINUTES) \$85
