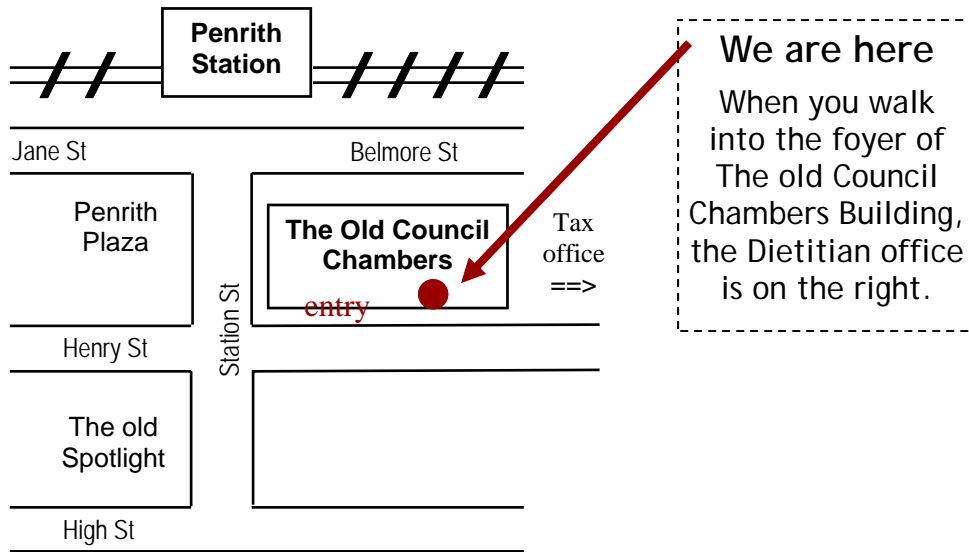


Where Are We?

The Healthy Lifestyle Dietetic Service is located in:

The Old Council Chambers Building (red brick building)
Corner of Henry and Station Streets, Penrith

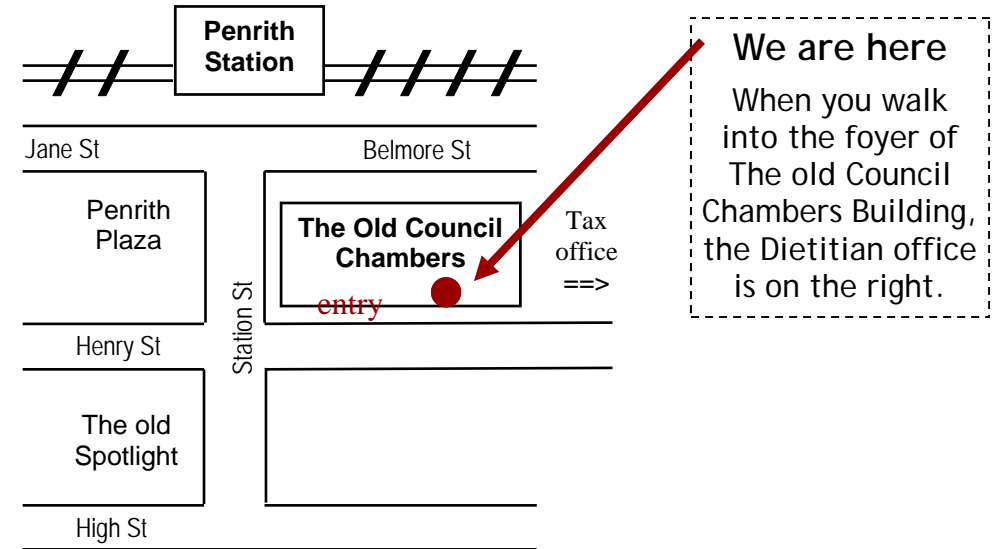


We are here
When you walk into the foyer of The old Council Chambers Building, the Dietitian office is on the right.

Where Are We?

The Healthy Lifestyle Dietetic Service is located in:

The Old Council Chambers Building (red brick building)
Corner of Henry and Station Streets, Penrith



We are here
When you walk into the foyer of The old Council Chambers Building, the Dietitian office is on the right.

Public Transport

Penrith train station is a three minute walk from the Dietitian Service. There is also a bus stop about a minute walk up from the Dietitian Service on Henry St.

Parking

You need to allow at least one hour for your first appointment. Make sure you park in spots that allow you to stay for over one hour.

There are many all day and timed free parking lots in the Penrith CBD such as Judges Car Park, Allen Place Parking and Soper Place Parking. Three hour free parking is also available at the Harris Farm end of Penrith Plaza (Jane St entry). This is across the road from the Dietitian Service (see map)

Public Transport

Penrith train station is a three minute walk from the Dietitian Service. There is also a bus stop about a minute walk up from the Dietitian Service on Henry St.

Parking

You need to allow at least one hour for your first appointment. Make sure you park in spots that allow you to stay for over one hour.

There are many all day and timed free parking lots in the Penrith CBD such as Judges Car Park, Allen Place Parking and Soper Place Parking. Three hour free parking is also available at the Harris Farm end of Penrith Plaza (Jane St entry). This is across the road from the Dietitian Service (see map)



Need a Dietitian?

The Healthy Lifestyle Dietetic Service has been in operation in Penrith for over 10 years. We have three Accredited Practising Dietitians. All are members of the Dietitian’s Association of Australia and registered with Medicare, The Department of Veterans Affairs and Private Health Insurance providers.

We have experience in many different areas of nutritional therapy including :

- * Diabetes
- * Coeliac disease
- * Family nutrition
- * General Nutrition
- * Fatty liver
- * Cholesterol
- * Eating disorders
- * Osteoporosis
- * Blood pressure
- ...And much more.
- * High triglycerides
- * Food Allergies
- * Metabolic Syndrome
- * Weight management

For more information, costs or to book an appointment, please phone **(02) 4731 8055**

Dietitian Appointment Times

Weekdays between 9am–3pm. Earlier and later appointments may be made by special arrangement. There are no weekend or evening appointments.

Dietitians:

- Lizz Reay** B.AppSc.M.Nutr&Diet.APD AdDipBusMgt
- Charity Spalding** BHthSc(Nutr&Diet).APD
- Alison Warburton** B.AppSc.M.Nutr&Diet.APD



Need a Dietitian?

The Healthy Lifestyle Dietetic Service has been in operation in Penrith for over 10 years. We have three Accredited Practising Dietitians. All are members of the Dietitian’s Association of Australia and registered with Medicare, The Department of Veterans Affairs and Private Health Insurance providers.

We have experience in many different areas of nutritional therapy including :

- * Diabetes
- * Coeliac disease
- * Family nutrition
- * General Nutrition
- * Fatty liver
- * Cholesterol
- * Eating disorders
- * Osteoporosis
- * Blood pressure
- ...And much more.
- * High triglycerides
- * Food Allergies
- * Metabolic Syndrome
- * Weight management

For more information, costs or to book an appointment, please phone **(02) 4731 8055**

Dietitian Appointment Times

Weekdays between 9am–3pm. Earlier and later appointments may be made by special arrangement. There are no weekend or evening appointments.

Dietitians:

- Lizz Reay** B.AppSc.M.Nutr&Diet.APD AdDipBusMgt
- Charity Spalding** BHthSc(Nutr&Diet).APD
- Alison Warburton** B.AppSc.M.Nutr&Diet.APD