



# Nourish to Rebuild Strength

Our one hour Nourish to Rebuild Strength workshop offers practical tips and advice for improving nutrition and wellbeing. It includes a cooking demonstration, supplement tastings, and practical written information to take home. Your family members or carers are welcome to attend with you.

The one-off workshop is coordinated by a Helping Hand dietitian. Once you've attended the workshop, you will be offered a follow up phone or clinic appointment with a dietitian.

## Times and Locations

**Second Tuesday of each month 11:00am**  
Helping Hand Harrison Court  
54 Buxton Street, North Adelaide

**Second Thursday of each month 11:00am**  
Parafield Gardens Wellbeing Centre  
422 Salisbury Highway, Parafield Gardens

*Government aged care funds can be used to pay for an initial health assessment and your class fees.*

*Private health insurance rebates for fees may also be claimed.*

Contact us on 1300 444 663 or  
[homecare@helpinghand.org.au](mailto:homecare@helpinghand.org.au) to find out more

Information current as at 23 June 2025

  
**Helping Hand**