



NEED HELP TO BE HEALTHIER?

THE GET HEALTHY INFORMATION AND COACHING SERVICE®

The Get Healthy Information and Coaching Service® is a free, confidential telephone-based service available in the ACT from 1 July 2010 for Canberrans seeking assistance and support to change unhealthy habits and reduce their risk of chronic disease.

The service is designed to help people make lifestyle changes such as eating more healthily, being physically active, and achieving and maintaining a healthy weight. More information can be found on the ACT Get Healthy website <http://www.gethealthy.act.gov.au/> or by calling 1300 806 258

UNIVERSITY OF CANBERRA FACULTY OF HEALTH CLINICS

These Clinics provide a range of evidence based Allied Health Services for the Canberra Community.

ALLIED HEALTH PRACTICE

Experienced allied health practitioners provide a range of clinical services including physiotherapy, dietetics and nutrition, psychology, exercise physiology, remedial massage and Pilates.

- **Nutrition And Dietetics Clinic**

A range of Nutrition and Dietetics services provided by recently qualified Dietetics Practitioners and supervised Nutrition and Dietetics students.

- **Psychology Intern Clinic**

Master of Clinical Psychology interns provide services with supervision.

- **Student Led Physiotherapy**

Master of Physiotherapy students provide services with supervision.

Patients will be notified if they are to be seen by a student.

To make an appointment

University of Canberra
Building 12, level B, room 40
Monana Street
Bruce
6201 5843

Brindabella Specialist Centre
5 Dann close
Garran
6282 2724

For more information healthclinic@canberra.edu.au

www.canberra.edu.au/healthclinic