

Kai For Life



Want to eat better to improve your health?

Want to improve your relationship with food?

Want to improve your food habits and behaviours?

Kia ora!

Come along to our FREE Kai for Life group session. The session runs for 3 hours and is delivered by a NZ registered dietitian. Whānau and friends welcome.

Our sessions look at:

- **How kai/food can improve our overall health/hauora**
- **Food groups, portion sizes and eating patterns**
- **Label reading**
- **Eating well for less**
- **Dieting vs sustainable eating**
- **Creating a positive relationship with food, your body and health**

You will also receive further information and resources to take home with you following the sessions.

It can be hard to navigate the facts around kai, but we are here to support you on your health journey.

If you are interested, send us an email: dietitians@wellsouth.org.nz