Healthy Weight Management Program

The Healthy Weight Management Program is a long-term approach to weight management. The program aims to give participants the ability required to manage their weight for the long term; building knowledge, skills, self-efficacy and confidence. The program uses a multidisciplinary approach, with the program being facilitated by an Accredited Exercise Physiologist, Clinical Psychologist and Accredited Practicing Dietitian.

The Healthy Weight Management Program includes:

*Why Weight?* – A 4 hour introductory group education session. This service is open to individuals wanting to loose weight and make lifestyle changes. This session aims to introduce key concepts of weight management incorporating diet, physical activity and behaviour change. No BMI cut off applies. This session is scheduled three times per year.

**Intensive group education program** - Following “*Why Weight?*” participants with a body mass index (BMI)>35kg/m² or significant co-morbidities can opt in to be assessed for a 9 week group education program.

Those who do not opt in, or those with a BMI<35kg/m² are guided towards an appropriate weight management strategy based on their individual needs within the Ballarat Community.

Sessions are held at the Peter Heinz Centre, Queen Elizabeth Centre; 102 Ascot Street, Ballarat.

A one-off administration fee of $100 applies, payable prior to commencement of the 9 week program.

Referrals should be sent to:

**Central Intake – Ballarat Health Services**

Fax: 5320 3893  
Phone: 5320 6690  
Address: Queen Elizabeth Centre  
102 Ascot St Sth  
Ballarat VIC 3350