

**For more information, call**  
North Shore Chronic Disease Services

West Vancouver  
Community Health Centre  
at 604-984-5752

Monday – Friday  
8:00 am to 4:00 pm

Fax: 604-904-6172

## Nutritional Counselling

Therapeutic Diets  
Normal Nutrition  
Heart Healthy Eating  
and Exercise  
Bodysense



West Vancouver Community Health Centre  
Nutritional Counselling

241 – 2121 Marine Drive  
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Tel: 604-984-5752  
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For more copies, go online at <http://vch.eduhealth.ca> or  
email [phem@vch.ca](mailto:phem@vch.ca) and quote Catalogue No. **BB.022.N959**  
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person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

West Vancouver Community Health Centre offers Nutritional Counselling with a Registered Dietitian for all types of diets and for all ages. Referrals are accepted from all health care professions. Self-referrals are also accepted.

**Therapeutic Diets** are done on a one-to-one basis; patients are welcome to bring a family member or friend. The following list shows some of the typical referrals we receive.

- Allergies
- Eating Disorders
- Gastrointestinal Problems
- Failure to Thrive
- High Protein, High Calorie Diet

Referrals for any type of diet counselling are welcome.

**Normal Nutrition** counselling is also available. Topics such as prenatal, postnatal, infant and child feeding and sports nutrition are included here.

There is no charge for Therapeutic Diet or Normal Nutrition Counselling.

## Heart Healthy Eating and Exercise

For people concerned with prevention and management of **High Cholesterol, Blood Pressure and Weight**. Class held the second Monday of every month. There is no charge for the Heart Healthy Eating and Exercise Class. All referrals including self-referrals are accepted.

Topics include:

- What TO eat to lower cholesterol, blood pressure and weight
- Shopping, Cooking and Eating Out on low fat and low salt
- Reading Food Labels
- What Supplements are recommended?
- Physical Activity: How much? How Often?
- Managing Stress

The class is run by a Registered Dietitian, Vancouver Coastal Health (VCH) and Exercise Specialist, West Vancouver Community Services (WVCS).



## Bodysense

The Bodysense Weight Control Program is a 12-week Program based on the book “Bodysense” by Judy Toews, RD. The program is offered three times a year, starting in January, April and September. Classes are held in the Medical Day Centre on Monday evenings.

The workbook covers three major areas of weight control:

- Eating Pattern: Regular Eating, Basic Nutrition, Heart Healthy Eating (Without Dieting!)
- Exercise Routine: Getting Started and Staying with Exercise
- Managing Change: Inner power Over Food, Stress and Time Management

There is a \$25.00 non-refundable registration fee, which includes the Bodysense Workbook.

Referral forms are available by mail or fax from the North Shore Chronic Disease Services.

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