

**Referral to our program is required.** Speak to your healthcare provider about whether you would benefit from nutrition counselling.

You can access our North Shore Chronic Disease Services Referral form online at: <https://vch.eduhealth.ca/PDFs/EF/EF.850.N67.pdf>

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

West Vancouver  
Community Health Centre  
at 604-984-5752, ext. 2

Monday – Friday  
8:30 am to 4:30 pm

Fax: 604-297-9681

## North Shore Nutrition Counselling Program



Making better  
decisions together  
with patients  
and families

For more copies, go online at <http://vch.eduhealth.ca> or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **BB.022.N959**  
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The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

West Vancouver Community Health Centre  
Nutritional Counselling

241 – 2121 Marine Drive  
West Vancouver BC V7V 4Y2

Tel: 604-984-5752

Fax: 604-297-9681

North Shore Chronic Disease Services offers Nutrition Counselling for North Shore residents of all ages.

Common reasons for Nutrition Counselling include:

- Chronic Disease Management
- High Cholesterol
- Celiac Disease
- Digestive Concerns
- Fatty Liver
- Feeding Your Child
- Weight Management

Group education and individual appointments are available.

Our Registered Dietitian helps you manage chronic illness and improve your health with simple diet changes.

## **Group Education for:**

### **Celiac Disease**

Identify hidden sources of gluten, find gluten-free foods you can enjoy, and get support from others on a gluten-free diet. (90 minute)

### **Low FODMAP diet**

Overcome Irritable Bowel Syndrome symptoms like lower abdominal pain, bloating, gas, diarrhea and constipation with this diet. (90 minute)

### **Healthy Eating & Exercise**

A healthy diet for anyone living with a chronic condition like high cholesterol, high blood pressure, insulin resistance, stroke or fatty liver. (2 hour)

### **Fit for Life: Tips to Manage Weight**

Learn easy steps to make small changes to improve your diet and lifestyle today. (90 minute)

### **Bodysense: Life Skills to Manage Weight**

Meet in a group for 10 weekly sessions to practice long term healthy eating habits, exercise and having a healthier relationship with food. There is a \$25.00 non-refundable fee. (1 hour class per week).

All appointments take place at our Office on the **2nd Floor of the West Vancouver Community Centre.**

You are welcome to attend your appointment with a family member or friend.

