



Mallee Track Health & Community Service

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MEDIA RELEASE

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New Dietetics service for Sea Lake

A new dietetics service is available in Sea Lake for any members of the community needing support with their diet and understanding of how it can improve their health.

This service is in addition to the dietetics services already being provided in the Ouyen region.

Mallee Track Health and Community Service (MTHCS) announced that Karen Bulman has been funded through the Primary Health Network to work in the Sea Lake community. The service is free and no referral is needed.

Director of Community Services Lyndal Munro said what we eat and drink is an important part of our overall health.

“Good nutrition can support us to manage our chronic illnesses including diabetes, high cholesterol, heart disease, cancer, weight control and conditions like irritable bowel syndrome, diverticulitis and vitamin and mineral deficiency.

Ms Munro said dietetics services were still available in the Ouyen community through the Robinvale District Health Service, while the Sea Lake service could be accessed through the Sea Lake Medical Clinic.

“A dietitian uses food and nutrition knowledge to provide personalised diet advice. They can support paediatric and adult clients to manage their general health, as well as helping people who are impacted by chronic health conditions.

Appointments can be made by contacting Karen by email at kbulman1@bigpond.com, by mobile on 0419 573 690 or leave a message for Karen to return your call at Lime Medical Clinic, Mildura, on 5023 5122. Telehealth appointments are available.

Caption: Dietician Karen Bulman is available for appointments at Sea Lake for all members of the community.

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For interviews or further information contact MTHCS CEO Lois O'Callaghan (03) 5092 1111