

About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

VISION:

Vibrant and Caring Communities, People and Workplace

MISSION:

Partnering with our communities to achieve the best health and wellbeing for all

VALUES:

Compassion, Excellence, Collaboration, Accountability, Respect and Equity



Wondering about...

- Gluten free diets
- Picky eaters
- Probiotics
- Losing weight
- How to include your favourite foods in a healthy way?

A Registered Dietitian is your most trusted source for nutrition information



West Elgin Community Health Centre

153 Main Street

West Lorne, ON N0L 2P0

T 519-768-1715 F 519-768-2548

wehc.on.ca



West Elgin
Community
Health Centre

Dietitian Services

Nutrition support and advice for individuals and families of all ages



August 2024

Our Food Philosophy

Eating healthy doesn't mean restricting yourself or your family. When it comes to food, we promote a philosophy of balance that's realistic, fun, and delicious!

You can book a session with the Dietitian to discuss your food or health concerns or participate in one of our free programs.

Program examples include:

- Infant Feeding Classes
- Grow with Baby
- Krazy Kitchen
- Cookin' Kids
- Craving Change
- Prenatal Classes
- Stroller Walk

Call to find out which one is best for you. You can also check out sample recipes and meal ideas on our website.

Land Acknowledgement

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices

Nutrition Advice

We support clients making changes to their diet to prevent chronic diseases, manage conditions or for individual reasons. You can have a Dietitian speak to a community group or at an event during Nutrition Month in March. Topics include, but aren't limited to the following:

- Allergies and Sensitivities
- Digestive Problems
- Emotional Eating and eating Disorders
- Healthy Eating and Menu Planning
- Heart Health and Chronic conditions
- Prenatal, Infant and Child Nutrition
- Sport Nutrition
- Weight Management
- Vitamins, Minerals, and supplements

All programs and services are free!

Connect with us!

You do not need to see a physician or nurse practitioner at the Centre to access Dietitian Services. We offer flexible appointment times. Fill out a self referral form at reception or online at wechc.on.ca or call to discuss.

Larissa Church MScFN, RD

519-768-1715 x 2292

lchurch@wechc.on.ca

