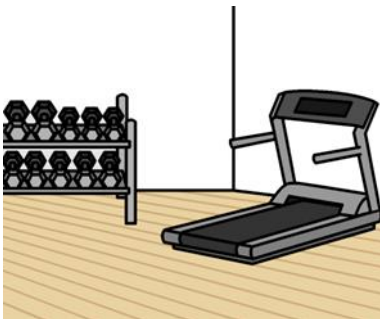


Improved Health and Wellbeing.

It is also called CB Health and Wellbeing



Helps you be fit and strong.



You can get help from an Exercise Physiologist

They help you

- move your body
- go to a gym and get fit
- get strong before an operation
- do hydrotherapy, help to move your body and get strong in a pool.





You can get help from a dietitian.



They can help you

- learn what you need to eat
- make a meal plan, to help you with what to eat in the day
- get tools to help you to eat
- get special food and drinks. Like formula and supplements.

Easy English created by Lauren Hislop.

If you would like Lauren to turn complex information into easy English

you can contact Lauren by email lozhiz@bogpond.co

