

About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at www.wechc.on.ca to learn more about us.



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.

Every One Matters.

West Elgin Community Health Centre
153 Main Street
West Lorne ON, N0L 2P0
T 519-768-1715 F 519-768-2548
www.wechc.on.ca



Dietitian Services

Nutrition support and advice for individuals and families of all ages



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:

- Baby Food Making
- Collective Kitchens
- Cooking Kids
- Grow with Baby
- Crazy Kitchen
- Craving Change

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

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 doctor or nurse practitioner at WECHC to access Dietitian Services. We offer flexible appointment times at various sites. Fill out a self-referral form at WECHC reception or online at www.wechc.on.ca, or call to discuss your needs.

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