



SKILLHIRE

BOWEL MANAGEMENT & NUTRITION

Digestive and bowel health is an important public issue in Australia. This one day course provides participants with information and tools to help them help others maintain good nutrition and promote bowel health.

 On-site

 6-20 people

 1 Day

 \$190pp

TOPICS TO BE COVERED:

- The process of digestion
- Common bowel disorders
- Bowel management programs
- Maintaining a healthy bowel
- Diet & Nutrition
- Fiber and fluids
- Medications & the bowel
- Suppositories & enemas
- Hygiene
- Basic food preparation
- Menu planning

CALL US TODAY
0424 558 423

GET IN TOUCH

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