

Jenny graduated from Flinders University of South Australia with Bachelor in Nutrition and Dietetics. With 6 years of clinical experience, she has seen a wide array of clients with different nutritional needs and query.

Jenny specializes in weight management, weight gain and diabetes management. Having lectured in sports nutrition, she can also offer tips on optimizing your exercise regime, whether you aim to perform better or enhance your weight management program.

She has helped several brides-to-be achieve their ideal weight through their consultation sessions and personalized easy-to-follow meal plans. Many clients who wish to gain or lose weight healthily managed to achieve their target weight without much hassle or changes to their daily routine. Clients with medical conditions also enjoyed better quality of life after the dietary consultation.

Make a change to your eating habits and feel the difference yourself!

***Consultation is open to public**

***Cost of consultation: \$120/hr**

***Each session lasts between 45-60min**

***Booking is required.**

Please call 6227 6997 for Tras or 6345 7166 for East Coast.

11th Sep (sat) - Tras Studio

25th Sep (sat) - East Coast Studio

Booking times: 1:30pm-5:30pm