

# Hello!

We are Habits for Health, a Perth based Dietitian and Diabetes Education service.

Habits for Health operates in a weight-neutral manner. This means we focus on "health gain" rather than "weight loss". The only difference in our care model is that we will not push weight loss, though many of our recommendations can incidentally lead to weight loss (reducing takeaway foods, limiting added sugar etc.). We focus on encouraging patients to make small, manageable changes to their lives which they can continue long after our input has ceased.

We work in all areas of nutrition care, though we would like to suggest that some eating disorder patients and children with fussy eating due to sensory issues may be better suited to specialised dietitians. We do see milder forms of these issues in the clinic, but more severe or complicated cases are best referred on. If you are unsure, please get in contact with us and we can discuss the best option for your patient.

## **An important note about Diabetes Education referrals:**

As Charlotte is currently undergoing credentialing, she is unable to accept care plans as a diabetes educator at this time. Therefore, please always select "dietitian" on the care plan referral, and let us know on the referral letter or via email if you want some of these to be allocated to our diabetes educator. If you do not let us know, we will allocate them to the next available dietitian, who may not be trained as a diabetes educator. We hope that Charlotte will be credentialed in the next couple of months, at which point she can accept diabetes education referrals.

We apologise for any inconvenience this causes in the meantime.

# Meet the Team!

## **Charlotte Rowley - Founder, Dietitian, Diabetes Educator, Low FODMAP Trained**

Charlotte is a PhD candidate with Murdoch University, studying personalised nutrition for type 2 diabetes. She is working towards credentialing as a *Diabetes Educator*. Other than T2DM, Charlotte has a passion for food intolerances, and is a *FODMAP certified* dietitian. Charlotte has a particular interest in psychology, particularly in habit and behaviour change and the role of nutrition on our mental health. In her spare time, Charlotte enjoys yoga and craft.



## **Emma Patterson - Dietitian, Eating Disorders Trained, Monash Low FODMAP Trained**

Emma takes the time to get to know her clients and tailor an evidence-based approach for each individual. She provides her clients with the knowledge and skills they need to make sustained healthful changes. Emma's areas of interest and specialty areas include chronic diseases, including type 2 diabetes, high cholesterol, and hypertension, gestational diabetes, malnutrition, mental health and *low FODMAP for IBS*. Emma is trained in managing *eating disorders* and is now accepting patients in this area. She is also completing her Post-Graduate Diploma in Diabetes Education. Emma enjoys spending time with her family when she is not in the clinic, and a nice glass of wine.



## **Sharn McGowan - Dietitian, Low FODMAP Trained**

Sharn is a committed Accredited Practicing Dietitian who believes in opening doors through knowledge and empowerment. She is passionate about providing relevant knowledge to help people understand their eating habits and the effect on their health.

Watching her friends and family struggle with their health because of nutrition when she was younger was a key reason Sharn decided to become a dietitian. She practices with honesty, respect and dignity, and will work with you to create a goal you believe is meaningful and achievable. After all, she believes these goals are an important puzzle piece of behaviour changes that can positively influence overall health.



## **Debbie Rowley - Receptionist**

Our receptionist is a little camera shy, but always strives to do what's best for our patients. Debbie has experience running her own business and has applied that dedication to assisting in all aspects of running Habits for Health. She adores her granddaughter and her mutt, Billy. If you think the name sounds familiar, that's because Debbie is actually Charlotte's Mum - a true family business here!

# Contact us!

## Reception and Bookings

To book patients in, please call **0422 480 159**. Alternatively, patients can contact **hello@habitsforhealthnutrition.com** and we will contact them as soon as we can.

Due to our flexibility providing home visits and telehealth services, we do not currently have an online booking system.

Charlotte@habitsforhealthnutrition.com  
Personal Number: 0403 787 891 (Not for clients)

*Provider Numbers:*

Mobile: 5461122L

Shop 18/49 Banksiadale Gate, Lakelands: 5461123A

49 Kimberley Street, Bullsbrook: 5461127X



Emma@habitsforhealthnutrition.com

*Provider Numbers:*

Mobile: 5733832H

Unit 1/7-9 Pattie Street, Cannington: 5733833W

102 Kooyong Road, Rivervale: 5733834F

Shop 13/2 Eaglemont Street, Greenfields: 5733838A

1/52 Goulburn Road, Baldivis: 5733836B

Sharn@habitsforhealthnutrition.com

*Provider Numbers:*

Mobile: 6019853W

Shop 18/49 Banksiadale Gate, Lakelands: 6019851X

5/488 Walter Rd East, Bayswater: 6019854F

1/981 Wanneroo Road, Wanneroo: 6019855T

