



*Remember...
If nothing changes,
nothing changes!*

The Tasmanian Anti-Obesity Surgery Centre & The Bellerive Quay Health Hub have formed a collaboration to present you with an opportunity to reach your weight loss potential. We will assist you to reclaim the life you deserve!

As a collaborative team we recognise that after bariatric surgery there are still many hurdles to be conquered to ensure your desired weight loss is achieved and it is sustainable.

In having bariatric surgery you have made a significant sacrifice emotionally, financially & physically. The band is only one tool. Without the complete package it would be like purchasing your dream car and not servicing it or filling it with the correct fuel.

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

The Bellerive Quay Health Hub
Level 3, 31 - 33 Cambridge Road
Bellerive TAS 7018

p: 6122 0150
f: 6122 0169
e: reception@yourhealthhub.com.au
w: www.yourhealthhub.com.au

A collaboration between



THE BELLERIVE QUAY
HEALTH HUB
HOLISTIC WELLNESS CENTRE

**POST BARIATRIC SURGERY
WEIGHT LOSS PROGRAM**



*Reclaim Your
Life Today!*

The Bellerive Quay Health Hub

The Bellerive Quay Health Hub is a Holistic Wellness Centre aimed at caring for the whole patient – body, mind and soul. We are located in the heart of Bellerive and we have a full suite of allied health professionals available to assist you with your journey.

We offer a 12 week Program that is medically led by our Nurse Practitioner Lisa Sproule. Lisa has had a breadth of experience in primary health care, chronic disease management, aged care and weight loss.

The team at The Bellerive Quay Health Hub will be working closely alongside Mr Steven Wilkinson and his team at the Tasmanian Anti-Obesity Surgery Centre and your General Practitioner. Together, they will ensure all of your lap band management requirements are adequately met and you receive the education and support needed in regards to the mechanics and successful use of this device.

The facilities at The Bellerive Quay Health Hub have been purpose built and equipped to accommodate the needs of overweight clients. This is particularly important when it comes to exercise equipment. We have the capacity to accommodate clients of all weights without the risk of embarrassment, humiliation and all of this with maximal safety. The exercise component of this program is individually designed in a respectful manner, to suit individual goals and requirements.

Our specialised exercise team are specifically trained in managing concerns and will work with you to achieve your goals in a mutually supportive environment.

Our Team

Bariatric Surgeon - General Surgeon Mr Stephen Wilkinson, specialises in Bariatric Surgery. He works hard to help people regain their health and increase their quality of life through losing excess weight.

General Practitioner - Your GP is a pivotal member of our weight loss team. We will liaise closely with them to ensure they are kept informed at all times of your progress. Any concerns that arise in regards to your health status will be discussed in collaboration with them.

Nurse Practitioner - A Specialist Registered Nurse who has completed extensive advanced level qualifications to Masters Degree level at University in a nominated specialty. Nurse Practitioners are qualified to medically assess, order diagnostic tests, diagnose, devise a treatment plan for a patient and prescribe autonomously within their outlined scope of practice.

Exercise Physiologist - An Exercise Physiologist is an Allied Health professional who specialises in prescribing personalised exercise plans. This assists clients to get fitter for all-round health and to increase their weight loss outcome. They also assist patients with symptom management of medical conditions through exercise.

Personal Trainers - Are fitness professionals involved in exercise prescription and instruction. They motivate clients by setting individual goals and providing feedback and accountability to clients.

Occupational Therapist - An Allied Health professional who promotes health and wellbeing through functional assessment. This enables individuals to perform the activities of everyday life ie. Cooking, shopping and performing the activities of daily living.

Psychologist - A Credentialed Specialist who has studied the human mind, human emotions and behaviour, and how different situations have an effect on people. They utilise techniques such as Cognitive Behaviour Therapy to modify thinking, resulting from a variety of triggers ie. Anxiety, depression and trauma.

Nutritionist - A Health Professional who advises on matters of food and nutrition and how it impacts on health.

Dietitian - A Credentialed Specialist who has studied the art and science of human nutrition to help people understand the relationship between food and health, allowing them to make dietary choices to attain and maintain health, whilst preventing and treating illness and disease.

We strongly urge you to call us today so that you can truly make the changes needed to reclaim the life you deserve!

