



Linking Nutrition to Psychological Health

As research broadens about the causes of psychological disease, we are finding there are many factors intrinsically linked to good psychological health, including the value of a healthy diet.

SMG Health provides an integrated holistic program which includes dietary and nutrition advice for individuals and teams through our EAP, EAC and tailored group training initiatives.

Contact us today:
1800 273 865
areuok@smghealth.com.au
www.smghealth.com.au