

JOIN US FOR

# Sip & Swallow

## Every Mouthful Matters



Join Plena Healthcare Speech Pathology and Dietetics to learn nutrition and hydration in older people. This full day session offers the opportunity to come together to learn about improving nutrition through a food first approach, avoiding unplanned weight loss, supporting people with dysphagia, providing texture modified foods and drinks that are IDDSI compliant, and prevention aspiration and choking.



### DETAILS

-  **Thursday 21 March 2024**
-  **Commencing from 8:30am AEDT**  
Concluding at 4:30pm AEDT
-  **Novotel Melbourne Glen Waverley**  
285 Springvale Road, Glen Waverley VIC
-  **Early Bird Deal: \$355**  
General Admission: \$425

Only 50 tickets available, so don't miss out!

### REGISTER NOW

Early bird closing  
date 09/02/2024



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