

**MEDIA RELEASE**

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**DATE**

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**Community Weight Loss Program Rolls Out in Dartmoor**

Dartmoor & District Bush Nursing Centre is launching a new weight management and well-being program, thanks to funding from the 2024 United Way Glenelg Lewis Court Fund. The program has kicked off with strong community interest from locals eager to improve their health and well-being.

The initiative stems from a community survey highlighting the need for local weight loss support. The program will offer structured weekly sessions, individual check-ins, health assessments, and education from healthcare professionals, including nurses, dietitians, and exercise experts. Participants will also have access to cooking demonstrations, fitness sessions, and peer support, helping to create a sustainable approach to weight loss and healthier living.

Nicole Stevens, Health Service Manager at Dartmoor Bush Nursing Centre, said the program has been designed to address key health concerns in the region.

"Obesity and poor nutrition have been identified as significant health challenges in our community. This program is about providing the support and knowledge people need to take charge of their health in a positive, encouraging environment," Ms. Stevens said.

United Way Glenelg Executive Officer Nicole Carr praised the initiative, stating that it aligns with the organisation's mission to enhance community health and well-being.

"This program is a fantastic example of community-driven change. It offers not just education and support, but also a sense of accountability and connection, which is essential for long-term success," Ms. Carr said.

With Dartmoor being a small rural town where access to health services can be limited, this program aims to provide tailored, localised support for people who may otherwise struggle to find resources. The goal is to engage at least 20 participants initially, with hopes of expanding based on interest and demand.

"We want this to be more than just a weight loss program; it's about improving overall health, reducing preventable illnesses, and building a stronger, healthier community," Ms. Stevens added.

Community members interested in joining can contact the Dartmoor Bush Nursing Centre for more information on 55281381.

Photo: Community member with Laura Bull, registered nurse at Dartmoor Bush Nursing Centre.

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