

Kalamunda PDC Health Hub

Dietitian services

Alissa is our resident Dietitian at our Kalamunda clinic. She quickly builds trust and rapport with her clients and always takes a client-centered approach. She enjoys working collaboratively within our multi-disciplinary team to improve health outcomes and quality of life.



Alissa
Accredited Practising Dietitian

Alissa prides herself on being approachable, personable and believes that living well is about aiming to consume all foods in moderation. Much like exercise, she believes that food is medicine; what we eat can have profound effects on our overall health.

Alissa's areas of interest and specialty include:

- Women's health
- High cholesterol
- High blood pressure
- Nutrition for older adults and healthy ageing
- Support for people with weight concerns
- Osteoporosis and bone health
- Diet and diabetes
- Eating disorders and disordered eating



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