



Kinela Mindset Program

Allied health sessions

Kinela consults are designed by a team of health experts to help you make positive lifestyle changes that last.

The Mindset Program may include:



Mindful eating



Learning hunger signals



Dealing with stress



Practising gratitude



Understanding emotional eating



OR
DESIGN A
PROGRAM
JUST FOR YOU

Personalised meal plan

Delicious, nutritious
meals and snacks
delivered to your door.

Our dietitians and nutritionists design your meal plan just for you.

Turn healthy eating into a habit that lasts.



Clinical sessions are funded through Capacity Building
The Mindset Program requires \$193.99 funding per hour

An individualised meal plan delivered is funded through Core Supports
NDIS can fund up to \$11.61 per meal and you pay \$2 per meal



Mindset Program



Senior Dietitian, Jamil

What's included in your Mindset Program...



Understand your needs



Set your goals



Build your journey



Mindful eating



Learning hunger signal



Dealing with stress



Practising gratitude



Understanding emotional eating



Building self confidence



Review outcomes



Celebrate success



Next steps

Kinela

Better health belongs to everyone.

Connect with us

📞 1300 448 100

✉️ hello@kinela.com

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