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## Finals on the menu for dietitian in national awards

Expect to hear a lot more from NSW's Joanne Turner – one of five Young Leader finalists in the 2011 HESTA Primary Health Care Awards.

Joanne, an Accredited Practising Dietitian and Exercise Physiologist, bases her business on being a good role model to patients, showing compassion to their problems, and being positive about solutions.

“Preventing obesity and lifestyle related problems begins with a healthy diet and being physically active,” Joanne said.

“I want to show people how quick and easy it is to be healthy, how to integrate healthy eating and activity into their lifestyle to get more energy in the day.”

Joanne is the founder of NuActive Health, a lifestyle intervention supercentre combining the skills of dietitians, exercise physiologists, clinical psychologists, general practitioners and visiting specialists.

“I want to shift Australians' perceptions so more people visit their health professionals about changing their eating habits, and treat dieting as a health issue to be guided by an accredited practising dietitian.

“I also want to be technologically savvy and use diverse strategies to assist more people achieve health success,” Joanne said.

The Australian General Practice Network (AGPN) and industry superannuation fund HESTA have joined forces to reward Australia's leading health care workers in the HESTA Primary Health Care Awards. The three categories for this year's awards are:

- Young Leader – Recognising a dedicated health sector worker aged under 35 who demonstrates leadership and vision
- Individual Distinction – Recognising an outstanding individual with a vision for the future of Australian primary health care who has delivered positive outcomes in challenging circumstances
- Team Excellence – Recognising a team that has used collaboration and innovation to deliver demonstrably better health outcomes.

National finalists will be flown to Melbourne. Winners will be announced at the gala HESTA Primary Health Care Awards dinner hosted at AGPN's National Forum on 16 November.

Each winner will receive \$5,000 in an ME Bank Online Savings Account and \$5,000 towards further education or implementation of their program or initiative.

To find out more about the awards visit [www.phcawards.com](http://www.phcawards.com) or to purchase tickets visit <http://www.gpnetworkforum.com.au/forum-program-2011/social-functions>

**More information: Michelle Edmunds 0413 120 342**