



## Marissa Vassie

Dietitian

BSc, GDipHumNutr and MDiet

ABN 97 510 309 570

Marissa's food philosophy is that food and eating should always be an enjoyable and pleasurable experience especially when coupled with social gatherings and special occasions. For most, food and eating is a central component of life that brings people together where experiences are shared and memories are created.

Marissa takes an individualised and holistic approach to her nutrition practice, working with you to achieve your goals by providing evidenced-based, practical and realistic advice.

While Marissa has experience across a range of nutrition concerns, she has undertaken additional training in diabetes management and eating disorders (for those aged 18+) and has a particular interest in how food can improve our mental health.

In her spare time, Marissa enjoys getting creative through painting and drawing, getting active and taking in the views, fresh produce and countryside air on her family-owned farm in Gippsland.

### Deepdene Surgery Hours

Sat 8:30am – 11:00am

[Click here](#) or call **9817 4233** to book in.

Email: [marissa@mvnd.com.au](mailto:marissa@mvnd.com.au)

Website: [www.mvnd.com.au](http://www.mvnd.com.au)

### Fees & Billing

Initial (60 mins) \$140

Review (30 mins) \$100

Medicare rebates are available if you have an eating disorder plan or EPC dietitian visits.

### Areas of Interest:

- High cholesterol
- High blood pressure
- Cancer
- T1DM and T2DM
- Eating disorders 18+
- Food intolerances
- Osteopaenia/Osteoporosis
- Nutrition for the elderly
- DVA and NDIS
- Weight management
- General nutrition
- ...and more!