

GOOD HEALTH

starts with

YOU

**"The food I ate
in hospital helped
me get better –
and home sooner."**

Food and nutrition play an important part in your recovery. Menus are designed with you in mind to make sure they provide the right nutrition for your health and wellbeing.

Eat right, get right and return home where you belong.



Find out more
here about
how good
health can
start with you.

