



## There's an upcoming group on the

 **Venue:**

 **Date:**

 **Time:**

Sessions take place on the same day and time each week and will cover a range of different topics. This will include healthy eating, physical exercise and long-term behaviour change classes, to help you build a healthier lifestyle.

If this date and time suits you then you can head to our website to refer and book your sessions:



Or you can email us for more information:

