

Improving Lives, Promoting Health

Are you ready for a Healthier Lifestyle?

If yes, then why not attend our ten week

Steps to Health programme,

This programme would also be suitable for people who have, or are at risk of Type 2 Diabetes

This is an opportunity for people to learn about basic nutrition, healthy eating and practical cooking. Also to understand the benefits of exercise and get involved in physical activity.



6 Nutrition, health and weight management sessions



2 Healthy cookery sessions



5 Vouchers for free exercise sessions



2 Wellbeing support sessions

Its all about creating healthy habits rather than restrictions



Free



Healthy Lifestyles Course



*Living Well
Sefton*

Next Programme

When: **Wednesday**
(date to be confirmed)

Time: **5.30 - 7pm**

To book your place or for more information please call : 0151 291 8010 or pop into the

Feelgood Factory