

Healthy Lifestyles Course

Water
2L a Day



Fruit







Steps to Health Programme

This course would 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. The programme will also help you understand the benefits of exercise.



-  6 nutrition, health and weight management sessions
-  2 healthy cookery sessions
-  5 vouchers for free exercise sessions
-  2 wellbeing support sessions

To book your place or for more information please call into the:

Feelgood Factory,
Glovers Lane,
Netherton, L30 5QW
or telephone 291 8010

Next courses to start on

Wednesday 10th January

10.30 a.m. - 12.00 noon &

5.30 pm - 7.00 pm

