

Improving Lives, Promoting Health

Are you ready for a Healthier Lifestyle?

If yes, then why not attend our eight 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



wellbeing support

Its all about creating Healthy habits rather than restrictions



Free



Healthy Lifestyles Course



*Living Well
Sefton*

Next Programme

When: Wednesday 8th May

Time: 10.30am-12pm

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

Feelgood Factory