

# Wellbeing Programme

Improve your wellbeing, blood pressure, movement, nutrition & sleep!

## What we offer

- Group sessions x 5 (option to participate with camera off)

## Benefits:

- Healthier dietary and lifestyle choices
- Supporting existing health concerns
- Motivation to achieve health goals
- Encourages prevention of new conditions
- A safe, non-judgemental space for supported learning
- Opportunities to ask questions to healthcare professionals.

