

# Women's Healthy Lifestyle Group

A time to meet and talk with other women about creating a healthier lifestyle. Led by a health and wellbeing trainer to support goal setting and behaviour change. Including an opportunity to participate in supervised and adaptable gentle exercise.



**DATE:** Wednesdays

**TIME:** 1.30pm -2.30pm

**LOCATION:** Halo Leisure Centre, Leominster

Self-refer by calling Talk Community Healthy Lifestyle Service on:

01432 383567

