

Virtual BeWell: Healthy lifestyle sessions

New for 2021 – you can now get some great practical tips during four weekly online sessions that take you through healthy eating, good sleep routines and how to get physically and mentally well.

Week 1 16th February, 10am- 11:30am

This session shows practical ways of helping you to know the right portion sizes, understand how they can help you manage your weight and look at what healthier treat and cooking options you can happily eat without the worry.

Week 2 23rd February, 10am – 11:30am

We will look at how we can try to prevent diabetes and the importance of vitamin D in our diet and how to know if you are getting enough.

Week 3 2nd March, 10am-11:30am

Good sleep hygiene hints and tips to show you what can be done to improve our sleep and reduce stress using everyday techniques

Week 4 9th March, 10am-11:30am

Together we will do some everyday life activities that can help you do more physically and mentally alongside an improved diet from weeks 1 and 2 and sleep snippets from week 3 to make you feel head to toe healthier.

On
Zoom

Women
only

FREE



How can I join?

You can attend as few or as many of the sessions as you would like. To register your name to join the session, please contact Liza on 07526078241 or email: liza@diversitymattersnw.org.uk.

Diversity Matters North West

Healthy Living Centre
20 Great Norbury Street
Hyde
SK14 1BR

T: 0161 368 3268 Mon-Thu 9-5/Fri 10-4

We speak: Bengali, Urdu, Punjabi.

www.diversitymattersnw.org.uk



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Company Registration No. 6442869
Charity Registration No. 1125544

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