

FREE Type 2 Diabetes and Adult Healthy Weight loss courses available for B&NES residents

HCRG Care Group's Wellbeing Service is offering up to 12 weeks of **FREE** support for people living or working in Bath and North East Somerset who wish to tackle their Diabetes and/or achieve a healthy weight!

Both programmes will support you to make long-term, sustainable lifestyle choices around your health by exploring how our bodies respond to the food we eat, the benefits of regular physical activity and how to manage stress and sleep more effectively.

Upcoming healthy weight courses:

Tuesday 26th April – 12th July 2022, 10.30 am to 12.00 pm – Virtual course (MS Teams)

Monday 9th May – 25th July 2022, 10:00 to 11:30am – Face to face course (Lansdown Cricket Club)

Tuesday 7th June – Tuesday 23rd August 2022, 1:30 to 3pm – Face to face (Venue tbc)

Upcoming Diabetes courses:

Wednesday 27th Apr – 1st June, 5:30 – 7:00pm – Virtual course (MS Teams)

Monday 9th May – 13th Jun 2022, 2:00 – 3:30pm - Virtual course (MS Teams)

Tuesday 24th May – 28th Jun 2022, 10:30 – 12:00pm - Virtual course (MS Teams)

To find out more and to book your **FREE** place, please call 0300 247 0050 or email bathnes.thehub@hcrccaregroup.com