

# Lifestyle Group Consultations

Tuesday 14<sup>th</sup> December @ 11am Sleep + Movement Session

Tuesday 8<sup>th</sup> February @ 11am Nutrition + Functional Strength

Tuesday 11th January @ 11am Emotional Wellbeing + Balance/Breath

These 60 minute sessions aim to support individuals who may benefit from lifestyle improvement by providing a balance of useful information on sleep, emotional wellbeing and nutrition and gentle exercise in a social, fun and safe environment.

Please contact us on : [sdhc.lifestyle@nhs.net](mailto:sdhc.lifestyle@nhs.net) to book your place



in association with South Downs Health and Care

Sessions are run by Lifestyle GP Miriam Malak and Health and wellbeing coach, Mari-Anne Elder

