



YOU ARE INVITED TO A HEALTH & WELLBEING DROP-IN SESSION

Have you recently been diagnosed, or living with:

- **MULTIPLE SCLEROSIS**
- **TYPE-2 DIABETES**
- **HIGH CHOLESTEROL**
- **HYPERTENSION**
- **PCOS**
- **ENDOMETRIOSIS**
- **OA / RA**

**COME AND HAVE A
CHAT WITH OUR
HEALTH &
WELLBEING
COACHES ABOUT
MANAGING
YOUR
CONDITION**



What can I expect?



A relaxed space to talk about your condition and any worries



Personalised advice on nutrition, exercise, sleep and stress management



Wellbeing support to help with low mood, confidence and emotional adjustment after diagnosis



Time to ask questions and speak face-to-face with our health professionals



Cheshunt Library (EN8 8LB)



First & last TUESDAY of the month



1:30pm - 3:00pm

