



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

