



BE MOTIVATED

EVERY
SUNDAY

12PM – 3.30PM

AUG 2024 – FEB 2025

Join the 'Be Motivated' program
and be the best version of yourself...

A dedicated **Healthy Lifestyle** project within the community
which focuses on long-term conditions – regular workshops on
preventions and management of long-term conditions.



Approach road, Bethnal
Green, London E2 9LY



07908088141

This is a **FREE** program
for **ALL** members of the
community.

BE MOTIVATED

Healthy Lifestyle

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JOIN US FOR...

- Healthy eating – incl. smoothie making
- Diabetes/sugar level check
- Group exercise sessions
- Body Mass Index (BMI) check
- Blood pressure check
- Tips on how to check for early signs of breast & prostate cancer
- Group discussions on wellbeing & mental health awareness
- Short group activities and games
- Free health advice from our guest speakers & in-house nurses
- Free refreshments & snacks for all sessions

SESSIONS TAKE PLACE:

AUGUST 2024 TO FEBRUARY 2025

TIME: 12PM-3.30PM EVERY SUNDAY

ADDRESS: APPROACH ROAD, BETHNAL GREEN, LONDON E2 9LY

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