

ACTIVE

SKY BLUES



FREE 12 Week Programme covering:

Healthy weight

Nutrition

Exercise

Sleep/tiredness

Mental wellbeing

Smoking /alcohol



Self-refer OR Referred by a medical professional

Sessions are 1 hour 30 min, held at:

Bedworth Community Centre
Smorrall La, Bedworth CV12 0JN

The Newtown Centre
Newtown Rd, Nuneaton CV11 4HG

Do you want to make a positive lifestyle change?

To be eligible, you must be 18+ and registered with one of the 11 GP surgeries listed in the registration form shown via the QR code.

To register, please scan the QR code or contact Lewis Robinson from SBITC, who run these sessions on behalf of Nuneaton & Bedworth PCN, via the details below:

02476 786 349 | lewis.robinson@sbitc.org.uk



<https://www.nuneatonandbedworthpcn.co.uk/>

