

BODY

BENEFITS



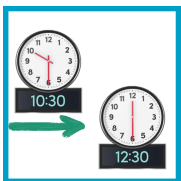
A free 10 week healthy weight programme for adults with a learning disability living in North Tyneside



The programme includes 10 weekly 2 hour sessions in North Shields



Starting Tuesday 31st January 2023



Time from 10:30am - 12:30pm



You will learn about healthy eating and meal ideas



You will get support to become more active



And feel good about yourself!



Contact LD:NorthEast Health Team on: 0191 262 2261

or



Email LD:NorthEast: ldne.health@nhs.net