



# Group Health Coaching

Health coaching can build your knowledge, confidence and skills to help you improve how you manage your health



In a small group setting you will be supported to think about where you are at currently, what your goals are and how healthy changes could help you move forwards in a positive way.

Timetable Spring 2023	Sherburn Old Girl's School Wednesday evenings 5.30-7pm		Tadcaster Enterprise Park Friday mornings 10-11.30am	
	Session 1	Session 2	Session 1	Session 2
	DIABETES PREVENTION	11th Jan	8th Feb	13 <sup>th</sup> Jan
EATING WELL	18th Jan	1st Feb	20th Jan	3rd Feb
HYPERTENSION	25th Jan	1st Mar	27th Jan	3rd Mar
PHYSICAL ACTIVITY	15th Feb	8th Mar	17th Feb	10th Mar
MENOPAUSE	22nd Feb	22nd Mar	24th Feb	24th Mar
COMFORT EATING	15th Mar	29th Mar	17th Mar	31st Mar

Contact the Health Coaching team directly for more information and to book your place.

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