

Saffron Health

A Healthier Saffron



Saffron Health

producing better health together

**509 Saffron Lane
Leicester
LE2 6UL**

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www.saffronhealth.co.uk**

Leaflet No

Are you struggling to change your lifestyle and improve your health?

'A Healthier Saffron' is a group for patients who wish to make changes and need support to do so.



Held at Saffron Health and run by the Practice Nurses, the six week course helps you to identify what you wish to change, what the barriers and opportunities are for this change, and how to set yourself smart, achievable goals.

There is a session a week for six weeks. Each session is held on Thursday from 3-5pm. Each session has 3 parts -

1. Group discussion around change management and goal setting.
2. Practical cookery demonstration of a healthy meal for two, costing less than £5
3. Exercise! How many steps do you walk in a day? Using pedometers or smart phones, you will monitor your daily steps with the aim of increasing the amount you do.

Interested? Please complete this slip and return to;

Sarah Browne, Practice Nurse

Saffron Health

509 Saffron Lane

Leicester LE2 6 UL

Yes! I am interested in taking part in 'A Healthier Saffron', please send me further information

Name _____

Address _____

DOB _____

Signed _____