

# LIVING WELL HEALTH & FITNESS PROGRAMME

FREE FITNESS PROGRAMME FOR WORKING AGE ADULTS WITH TYPE 2 DIABETES OR PRE-DIABETES.

SIGN UP:



THE 13 WEEK PROGRAMME WILL RUN  
**EVERY THURSDAY 7.30PM-8.30PM**  
STARTING 23<sup>RD</sup> JANUARY 2025  
AT ABBEYDALE COMMUNITY CENTRE

Includes access to  
Nuffield Health's Fitness  
& Wellbeing Centre  
during the programme  
with option for  
discounted membership  
at end of 13 weeks.



Hadwen & Quedgeley  
Primary Care Network

SESSIONS WILL INVOLVE FITNESS EXERCISES & LIFESTYLE EDUCATION.  
**YOU MUST BE COMMITTED TO COMPLETING THE 13 WEEK COURSE.**

WANT TO KNOW MORE BEFORE SIGNING UP?

Come to our information session on **Wednesday 15<sup>th</sup> January 2025 at 6.30pm** at **Hadwen Health**, Glevum Way, Abbeydale, GL4 4BL  
Book your place here- <https://forms.office.com/e/McrTpPLdrN?origin=lprLink>