

Healthy Lifestyles

www.tsdft.uk/lifestyles

NHS

Torbay and South Devon
NHS Foundation Trust

“Small Steps...
Right Direction”



CHAIR BASED EXERCISES

STARTS WEDNESDAY 6th OCTOBER

10AM – 11am

Healthy behavioral changes in relation to gentle activity and healthier eating for all ages

Improved emotional health, lifestyle choices, reducing loneliness – meet new friends

With Dee - Healthy Lifestyles Coach

Please book communitylarder@outlook.com

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Southfield
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