



Free 12 week on-line lifestyle program

Would you like to lose weight and/or improve your diabetes without hunger or calorie counting?

Torrige Primary Care Network is offering a GP & social prescriber-led program for patients registered with Bideford Medical Centre, Wooda Surgery, Northam Surgery, Hartland Surgery, Torrington Health Centre & Castle Gardens Surgery

The program starts on Thursday 13th January 2022 and runs alternate weeks (6 sessions) 6.30-8.00pm on Zoom.

- ★ The real food, lower carb approach is an effective way to achieve weight loss and improve blood sugar.
- ★ People often feel much better and wish they had tried it sooner.
- ★ Often it enables people to reduce or stop some of their medication.
- ★ Additional benefits include improvements in sleep & sleep apnoea, energy levels, mood, joint pains, IBS, acid reflux etc.

To find out more, join us for an information session on Zoom on **Tuesday 7th December at 6.30pm**. All are welcome, whether for yourself or someone you live with or care for.

To register for the information session, please email our social prescriber/health coaches Verity, Justine or Nicola on verity.hookway3@nhs.net or ring 07709 714668.