

Free course

900 900 900 85

Free eight-week course

for residents of Tower
Hamlets to learn about
healthy eating and gentle
exercise to help with
managing the following
conditions:

Diabetes,

Cardiovascular Disease,

Chronic Kidney Disease,

Hypertension

To book a place on a course, make a referral, or find out more about Good Moves, please email nimom@safh.org.uk or telephone 07944 966141



Achieve a healthy lifestyle



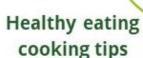
Become empowered to take control of your health condition(s)



Fun physical exercise



Control your sugar levels



Join our course!

Date

Time

17 February 2023

10.30am -13.00pm

Venue

Online