

good moves

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



Healthy eating
cooking tips

Join our course!

Date 17 February 2023

Venue Online

Time 10.30am-13.00pm