



## HEALTHY LIVING GROUP

The Healthy Living Group's aim is to make sure people with learning disabilities get the right support and same chances as everyone else with their health.

The Healthy Living Group will be facilitated by a Nurse and a Support Worker from The Health Promotion Team.

Sessions will offer education on the following subjects over a seven week period:

- Personal Hygiene
- Healthy Eating
- Wellbeing and Exercise
- Oral Hygiene
- Health Check Awareness
- Healthy Bowels and Health screening Awareness
- Podiatry and Audiology

Sessions begin at 10.00am and last approximately 90 minutes (including a short break).

Potential participants will be required to provide their own transport to the sessions and should have the ability to fully participate.

The Healthy Living Group will commence on: **Tuesday 19<sup>th</sup> September 2017.**

Sessions will take place at Deerness Park Health Centre,  
Suffolk Street, Hendon, Sunderland, SR2 8AD

If you want to know more about the Healthy Living Group  
Please telephone or email us:

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Unfortunately spaces are limited so please do contact us promptly if you know of someone who would benefit from our support.