






Kick Start your New Year!



Join our 4-week community Health and Wellbeing course!

-  Mini Health MOT with health professionals
-  Diet Advice + interactive food sessions
-  Exercise & Mental Wellbeing Support

Limited Places Available!

**Don't miss out on this chance to start 2025 on a positive note.
Secure your spot today and make this your healthiest year yet!**

**Ready to join us? Call 01422 347392 or email
calderdalecanceraware@regen.org.uk**