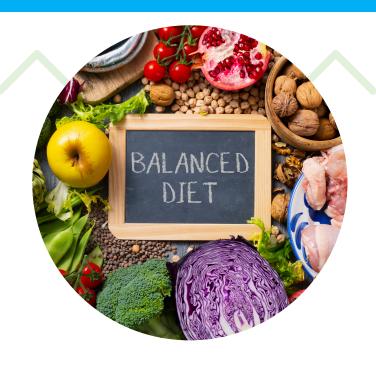
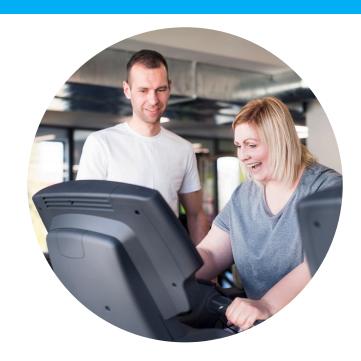




## Kick Start your New Year!







Join our 4-week community Health and Wellbeing course!

**W** 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



