



Living lighter the African and Caribbean way!

Discover the programme
that's been made for you!

Being healthy is not just about losing weight. It's about building good habits, working with your mindset and keeping your spirits up! And it helps to do it with a supportive group of friends who know where you're coming from. So why not join Up!Up! today and try it for yourself?

A 12-week programme happening **exclusively in Lewisham**. Learn to live healthier and happier with:

- Physical activity
- Cooking lessons
- Nutrition coaching

Registration is free!

To join the programme for free, choose one of these options:

- 🏠 Ask your GP to refer you to Up!Up!
- @ or Email gst-tr.up.up@nhs.net
- ☎ or Call 020 7188 2010 (choose option 1) and ask for a form you can fill out yourself

**Join
today**

