

Need help to improve your lifestyle?

Patients registered at WACA GP Practices can now access new Exercise Classes and Health Coaching Courses!

First Step Course - 3 weeks, to set up for success and plan the next step.

Live Better Course - 12 weeks structured health coaching course, focusing on healthier eating and exercise habits.

Get Moving Classes - small weekly structured exercise classes, available online and also in community venues in Skipton & Ilkley.

Exercise for Arthritis Course - specifically aimed at people living with arthritis who want to live life to the full, but are unsure how to exercise safely and with confidence.

To enrol onto any of these free classes or courses visit :
Eat, Move, Be Happy Enrolment (eatmovebehappy.com)



WHARFEDALE, AIREDALE & CRAVEN

ALLIANCE

