



Healthy Eating, Healthy Bodies

The purpose of this group is to provide information to people with learning disabilities, in a way that they can understand, to enable them to make healthier lifestyle choices. Content covered: healthy eating, exercise, constipation and aspiration.

We also recognise that many people with learning disabilities are socially isolated so the group will offer the opportunity to have social interaction in a safe and supportive environment.



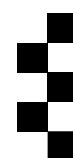
Join our new group today!

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University of Essex, Boundary Road, Colchester, CO4 3GS

Running Fridays 10am – 12pm
Carers/family welcome



University of Essex