

FREE

# Tiverton Wellbeing's Healthy Me Programme

Six weekly sessions (90 mins) covering the following topics



**Sleep**

**Habits**

**Connections**

**Mind**

**Movement**

**Food**

For patients registered at: Amicus Health Group (including Clare House, Bampton and Mid Devon Medical Practice) and Castle Place Practice

Thursday mornings at Old Heathcoat School  
Community Centre in Tiverton

Scan Me



For more information and to register a place, either contact us on the details below or self-refer by scanning the QR code.

01884 210438 (leave a message)

d-icb.tivertonwellbeing@nhs.net

[www.tiverton-pcn.nhs.uk/services/tiverton-wellbeing](http://www.tiverton-pcn.nhs.uk/services/tiverton-wellbeing)