

**2018 Group Dates**

**Thank you for your interest in The Life! Program. You’ve taken the first step in prevention, healing and discovering the new you! The Life! Program will help you reach your goals.**

**Did you know?**

1. **Every day approximately 280 people aged over 25 develop Diabetes.**
2. **Every 12 Minutes someone dies of Cardiovascular Disease.**
3. **One in every 6 people is likely to suffer a stroke.**

**Don’t let this be you! Sign up for one of our 2018 Group Sessions today.**

**Group 1 2018 Sessions- (What’s Left)**

1. Monday 18th June 6:30pm – 8:30pm

**Group 2 2018 Sessions-**

1. Monday 16th April 6:30pm – 8:30pm
2. Monday 30th April 6:30pm – 8:30pm
3. Monday 14th May 6:30pm – 8:30pm
4. Monday 28th May 6:30pm – 8:30pm
5. Monday 27th August 6:30pm – 8:30pm

**Group 3 2018/2019 Sessions-**

1. Monday 6th August 6:30pm – 8:30pm
2. Monday 20th August 6:30pm – 8:30pm
3. Monday 3rd September 6:30pm – 8:30pm
4. Monday 17th September 6:30pm – 8:30pm
5. **Monday 21st January 2019** 6:30pm – 8:30pm

**Group 4 2018/2019 Sessions-**

1. Monday 15th October 6:30pm – 8:30pm
2. Monday 29th October 6:30pm – 8:30pm
3. Monday 12th November 6:30pm – 8:30pm
4. Monday 26th November 6:30pm – 8:30pm
5. **Monday 25th February 2019** 6:30pm – 8:30pm

**All sessions are held on site at Berwick Healthcare - 76 Clyde Road, Berwick 3806.**

**Sign up at Reception**