

ACTIVE

SKY BLUES

To be eligible, you must be 18+ and registered with one of the 16 GP surgeries listed in the registration form.

To complete your registration form please scan the QR code:



Do you want to make a positive lifestyle change?

FREE 12 Week Programme covering:

- Healthy weight ✓
- Nutrition ✓
- Exercise ✓
- Sleep/tiredness ✓
- Mental wellbeing ✓
- Smoking/alcohol ✓

Self-refer OR Referred by a medical professional

Sky Blues in the Community are working in partnership with the PCN

We're working with 16 GP surgeries within Nuneaton and Bedworth

SKY BLUES
in the COMMUNITY



Sessions are 1 hour 30 min, held at:

Bedworth Community Centre
Smorrall La, Bedworth CV12 0JN

The Newtown Centre
Newtown Rd, Nuneaton CV11 4HG



024 7678 6349 | sbitc@sbitc.org.uk