

Health & Wellbeing Programme

Welcome to It's My Life - your Health & Wellbeing programme.



Eat That Frog

Giving you the ideas and support to take control of aspects of your life that may be keeping you down or holding you back.



Ideal for anyone who is not in employment. Free to anyone in receipt of benefits.

**Book onto one of our
engagement sessions today!**

Wednesday 8th January
@ The Jan Cutting
Healthy Living Centre
Scott Business Park, PL2 2PQ
The Learning Curve

For more info

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