

free course

good moves

free eight week

course to teach healthy eating and gentle exercise to residents of Tower Hamlets to help manage the following conditions:

Diabetes,

Cardiovascular Disease,

Chronic Kidney Disease,

Hypertension

To book a place on a course, make a referral or find out about Good Moves email goodmoves@safh.org.uk or telephone 07980 702 084



Achieve a healthy lifestyle



Become empowered to take control of your health condition(s)



Fun physical exercise



Control your sugar levels



Healthy eating cooking classes

