

How to sign-up

Step 1

You must be aged between 30-74 years and be registered with a GP surgery in the London Borough of Ealing.

Step 2

Receive a free NHS Health Check from your GP or Nurse.

Step 3

Ask your GP or Nurse if you are eligible to be referred to the Ealing Healthy Lifestyle Programme.

Step 4

Inform your GP or Nurse of the most suitable time for you to be contacted via telephone.

Step 5

You will be contacted by the Programme Administrator who will register you on to the most convenient programme for you.

Step 6

Attend the programme for 12 weeks and begin a new healthier life.

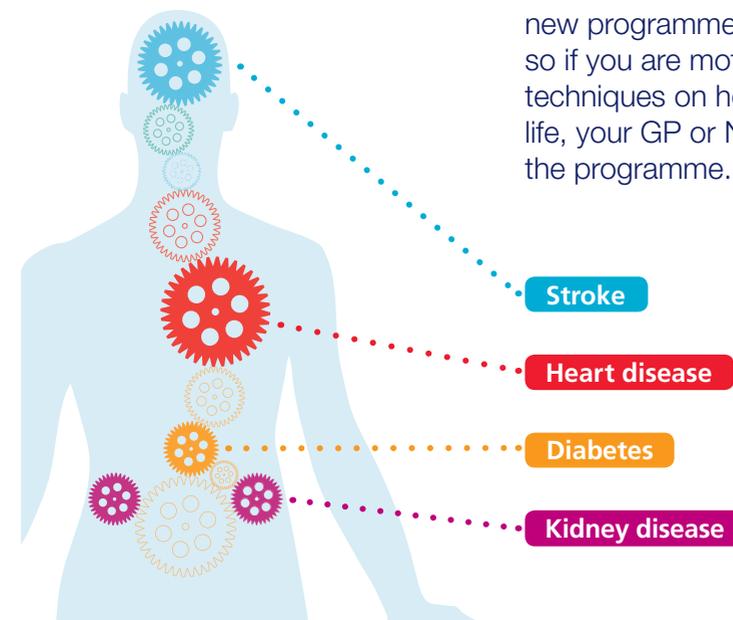
For further information, please contact us via:
Tel: 020 8620 1929 or e-mail: ealinghealthylifestyle@nhs.net

Ealing Healthy Lifestyle Programme

You recently had an NHS Health Check and your healthcare professional has calculated that you are at high risk of developing cardiovascular disease within the next ten years.

As a result this free NHS programme is available to you. It is a 12-week lifestyle change programme specifically designed to help you to follow a healthier lifestyle and reduce your risk of developing a number of health conditions.

Across the London Borough of Ealing a new programme starts every two weeks, so if you are motivated to learn new techniques on how to live a healthier life, your GP or Nurse will refer you on to the programme.



The 12-week Ealing Healthy Lifestyle Programme

