



Become the healthiest & happiest version of you!

Over 8 weeks, explore how to achieve your weight management goals in ways that work for you and your lifestyle, while being supported and cheered on by experienced wellbeing coaches.

“I’m losing weight, I’m happier
I’m sleeping better. I’m in a
whole different mindset
Be You has helped
me be me.”

Uzma-Be You Burnage



How Be You Groups
worked for Uzma



SCAN ME

How Be You Groups work

Over 8 weeks our peer-led groups support you by:

- Inspiring you to try something new
- Connecting you to others in a safe space
- Empowering you to find your own way to a healthy lifestyle

What others have gained from the group

- ✓ **Self-awareness**
- ✓ **Increased confidence**
- ✓ **Healthier habits**
- ✓ **Social connections**

Who we are and where we meet

Be You Groups are part of Be Well – Manchester's social prescribing service. We meet at various venues across Manchester. Please get in touch to find out more.

To join a group

Speak to your healthcare professional or call us on 0161 470 7120 or email beyougroups@thebiglifegroup.com



@bewellmcr



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