

Lifestyle Medicine Service

North Lewisham
PRIMARY CARE NETWORK



Our free wellbeing program delivers:

One-to-one and group sessions provided by our nutritionist and health & well-being coaches.



Help you gain control of your health and life

Work on what is important to **YOU**



We will

Prevent and treat illness holistically

Develop and improve wellness



*Improve sleep
Lose weight
Reduce blood pressure
Learn to thrive*

How?

*Increase Happiness
Reduce stress
and much more...*

Our team of experts will help you to make behavioural changes as you progress on your journey to better health.

Who can register?

Any North Lewisham resident

Scan QR code self-refer:

