

"I WOULD HAPPILY AND HIGHLY RECOMMEND THE GROUP TO FAMILY AND FRIENDS AS THERE IS SOMETHING FOR EVERYONE..WHETHER TO MEET NEW PEOPLE, MAKE NEW FRIENDS OR SIMPLY IMPROVE YOUR OVERALL LIFESTYLE. THANK YOU FOR THE OPPORTUNITY!" GROUP MEMBER, MAY 2023



**DO YOU WANT TO:**

**FEEL HAPPIER?**

**LOSE WEIGHT?**

**BOOST ENERGY?**

**FEEL STRONGER?**

**FIND YOUR TRIBE?**

**IF SO..**



**JOIN OUR FREE 3 WEEK**

**WEIGHT LOSS B.L.U.E.P.R.I.N.T**

**LIFESTYLE MEDICINE**

**COMMUNITY GROUP**

Groups of 5-20 participants  
Led by Dr Tom Gedman, GP

- Group education and discussion:
- Session 1 - Motivation, habits & goals
- Session 2 - Nutrition and sleep
- Session 3 - Stress, mood and toxins
- All taught within a BRAND NEW B.L.U.E.P.R.I.N.T health framework



**NO NEED TO  
BOOK JUST  
COME ALONG**



**DROP IN TASTER  
SESSIONS**

**MONDAYS**

**2ND OCTOBER AT 2.10PM**

**23RD OCTOBER AT 12 NOON**

**20TH NOVEMBER AT 12 NOON**

**90 MINUTES  
SESSIONS**

**BRING YOUR TRAINERS!**

ALL SESSIONS INCLUDE 30 MINUTES OF LIGHT AND FUN GROUP EXERCISE

**LOCATION**

St Oswalds Church, Jardine Crescent  
Tile Hill, CV4 9PL

For more information visit [www.gowestpcn.co.uk/lifestyle-medicine-group-sessions](http://www.gowestpcn.co.uk/lifestyle-medicine-group-sessions)  
or join the mailing list for updates and free health tips at [www.drTomGedman.com](http://www.drTomGedman.com)

