

Help with high blood pressure

FREE

9-month
group
programme



Our **FREE** 9-month programme focuses on nutrition, physical activity and behaviour change to help change your lifestyle to improve your health and make your heart fitter and stronger.

To qualify for a **FREE** place you need to start soon.

Please follow the link below to find out more, including full eligibility conditions:

www.momentanewcastle.com/cpp-bsol



Or call us on 0121 289 2505

Email cpp.bsol@momentanewcastle.com

You may be eligible for a place if you:

- Are aged 18-80 with high blood pressure
- Are above a healthy weight
- Are able to exercise
- Are willing and able to attend 18 local in-person or Zoom group sessions over 9 months
- Meet certain other conditions.

MOMENTA CVD Prevention

In partnership with:



ACCELERATED
ACCESS
COLLABORATIVE

Working in partnership with
 **Birmingham**
City Council

 **NHS**
Birmingham and Solihull

Help with losing weight

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Help with lifestyle changes



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