

One Bromley Lifestyle Medicine Service

mytimeactive



What is it?

This **FREE** service helps you **take control** of your health and wellbeing, through small, meaningful **behaviour change**. It focuses on six key pillars shown below.

How does it work?

You will be supported by coaches in **one-to-one** or **group sessions** over 12 weeks, to try and reach your goals.

How do I sign up?

email us at bromleywellbeing@mytimeactive.co.uk

OR

Pop into the Bromley Health and Wellbeing Centre at Ravensleigh House, 22 Westmoreland Place, Bromley, BR1 1DS

WHAT IS Lifestyle Medicine



illustrations by Federica Ciotti