



Welcome to the **ONE YOU** Programme

A 6 week group programme to explore the condition you have been diagnosed with, how to live well and take care of yourself.

You will have a skilled health coach available to you throughout the 6 weeks, who will be able to offer support and encouragement to achieve your personal goals.

To book onto our One You Programme please contact **01752 437177** or email **oneyou.plymouth@nhs.net**

Brought to you by



Week 1 – Introduction

Introduction to the course, meet and greet, exploring the benefits of becoming a healthier you.

Week 2 – Move More

Explore how to become more active, challenges and how to overcome them.

Week 3 – Eat Well

Ways to improve your health condition through your diet, food labelling, portion sizes and food groups.

Week 4 – Sleep Well

Learn how to improve your sleep and support your recovery.

Week 5 – Stress Less

Explore the five winning ways to wellbeing.

Week 6 – Celebration

A celebration of your success and next steps.