

Health, Exercise, Nutrition (HEN) Postnatal

Every Wednesday, from 11am-12.30pm in Weston

H.E.N is a FREE healthy lifestyles programme set up to help you lose weight and improve your health and fitness postnatally. H.E.N offers weekly support to help you have a healthy start to motherhood.

The course is designed as a rolling programme so that mums can join at any time to start the 12 weeks of support. Bring your baby along to the sessions and meet other mums.

You are invited to come along if you:

- have body mass index (BMI) equal to 25 or more
- have a baby aged 0-12 months old
- you live in North Somerset
- you can attend a minimum of nine sessions over 12 weeks



How to sign up: Complete our Health MOT at www.betterhealthns.co.uk

Email: healthylifestyles@n-somerset.gov.uk

Tel: 01934 426349

Facebook: BetterHealthNS

Website: <https://www.betterhealthns.co.uk/information/hen-postnatal/>

