

# Liver health group topics

What else?

Understanding my habit cycle

Stress & looking after myself

Getting Active to help with Stress

Eating well on a tight budget

**What - if any - of these topics interest you?**

How does movement affect my liver health?

Cooking well on a tight budget

How what I eat affects my liver health

What is 'Non-Alcoholic Fatty Liver Disease'?

QR code link to a 2 min video explainer



Finding an exercise I actually enjoy!