



# Zoom in to over 14 online workshops

**Over 14 workshops to choose from.** Our daily workshops are here to give you guidance and advice on a healthier lifestyle and reduce your risk of Type 2 diabetes. Follow the instructions below to join for FREE for 9 months.

<b>MON</b>	10.00	18.30	
<b>TUE</b>	10.00	18.00	19.30
<b>WED</b>	10.00	19.00	
<b>THUR</b>	10.30	18.00	
<b>FRI</b>	10.00	17.00	
<b>SAT</b>	9.00		

 For all the sessions above please use this link to join: <https://weightwatchers.zoom.us/j/9043266849>

*These session times can also be found on our connect group: NDPP members*

 Phone (call +44 330 088 5830). Your meeting ID is 9043266849

**HEALTHIER YOU**  
NHS DIABETES PREVENTION PROGRAMME

**NHS**

**Punjabi speaking workshop:**  
Monday 7.30pm

**Female only workshop:**  
Wednesday 12.00pm

**Male only workshop:**  
Tuesday 7.30pm

For the above 3 sessions please use this link to join:  
<https://weightwatchers.zoom.us/j/7761496475>

 **Health Solutions**