

## HEALTH and WELLBEING For People with Mixed Abilities

Supporting personal development for health and wellbeing

Included are:

- Information on preventative methods and support to reduce the risk factors that lead to poor health
- Personalised advice to help manage limitations, caused by health condition or disability
- Group support and practical sessions to encourage proactive approach to health and wellbeing

Where:        **Havering Association for People with Disabilities**  
Whittaker Hall, 1a Woodhall Crescent, RM11 3NN

When:        **Thursdays: 10am – 12o/c**



*Prevention is better than cure!*



## Health and Prevention

### Choice – Personal Development - Independence

#### Our Aim

We aim to provide the opportunity for people with mixed abilities to access specific-target training activities that support them in development of strategies for health and wellbeing.

#### Types of prevention

- **Primary prevention** aims to reduce the course participants' risk factors that lead to ill health through encouragement of healthier lifestyle, better food choices and proactive approach to coping with their health challenges.
- **Secondary prevention** enables individuals with long-term conditions and disabilities to reduce the impact of functional limitations on their lifestyle and general health, through development of proactive strategies for health and wellbeing.

#### Who can benefit from the activity?

*Individuals who present ...*

- Body Mass Index over 25
- Poor eating habits
- Type 2 Diabetes
- Poor general health
- History of falls
- Low levels of physical activity
- Or, completed physiotherapy or medical treatment and would like to achieve further progress.