



BME GROUP Women's Only & WELL BEING

A SAFE SPACE
FOR WOMEN
SUPPORT
EMPOWERMENT
BETTER HEALTH



We support women dealing with:



DIABETES
Manage blood sugar
and reduce
complications



HEART PROBLEMS
Improve heart health
and overall
wellbeing



HIGH CHOLESTEROL
Lower cholesterol
through lifestyle
and diet



HIGH BLOOD PRESSURE
Manage blood pressure
and reduce
your risk



PHYSICAL ACTIVITY
• Fun exercise
sessions
• Improve strength,
flexibility &
energy



WALKING GROUPS
• Group walks
• Fresh air
• Better health
together



HEALTHY EATING
• Nutrition advice
• Healthy cooking
ideas
• Meal planning



STRESS MANAGEMENT
• Mindfulness
• Relaxation
techniques
• Emotional wellbeing



RECREATION & ACTIVITIES
• Social activities
• Games & crafts
• Build friendships
& confidence



LEARNING & WORKSHOPS
• Health awareness
• Life skills
• Guest speakers
& more



A welcoming space to connect,
share and support each other.

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WOMEN
SUPPORTING
WOMEN

TOGETHER, WE CAN LIVE WELL.

YOU DON'T HAVE TO DO IT ALONE - WE ARE HERE FOR YOU.
Come along, get support, get empowered and take charge of your health.