

Eat well, move more and feel healthier

Issued on behalf of the Patient Participation Group of the Two Rivers Medical Centre

This is the theme of our health event that aims to inform and support people in Ipswich to live a healthier life.

The event will take place at Two Rivers Medical Centre on **Thursday May 24** from 1.30 – 4.30 p.m. and is being organised by the practice's Patient Participation Group.

Dr Skrinchuk, a GP at the practice, will give a talk – *“The effect of excess weight on the body and how to eat well”* and Josh Sprague, a physiotherapist with Allied Health Professionals Suffolk will talk on *“The importance of exercise”*.

There will also be representatives from a number of local health organisations, including OneLife Suffolk, who will be offering those eligible a free NHS health check. People will be able to ask questions and get advice and support from local health experts on subjects including diet, exercise, smoking cessation and other activities.

Jo Hutchinson from the Two Rivers Patient Participation Group, said, “Eating well and taking regular exercise are two of the most effective actions we can take to live healthily.

“One of our GPs will be giving an informative talk on the negative effect on the body of carrying too much weight and a local physiotherapist will be highlighting some simple exercise routines that almost everyone will be able to do.

“This event is about information and support that will hopefully give people the inspiration and confidence to take steps towards healthier living.”

The health event will take place at Two Rivers Medical Centre, 30 Woodbridge Road East, Ipswich from 1.30 – 4.30 p.m. The talks will commence at 2.30 p.m.

Everyone is welcome to attend – you do not need to be registered with Two Rivers Medical Centre