

WOULD YOU LIKE TO FIND OUT MORE ABOUT ONE YOU EAST SUSSEX HEALTHY LIFESTYLE SERVICES?

One You East Sussex a key provider of free healthy lifestyle support within East Sussex. Would you like to find out more about the service? Do you have questions regarding the different options available, the behaviour change coaching we provide, the topics we cover, referral routes and success rates?



If so, please join us for one (or more) of our one-hour webinars where you'll find out the answers to these questions, plus any others you may have about our services. Our Service Leads will take you on a deep dive into all aspects of the service, followed by an open question and answer session.

These sessions are aimed at all healthcare and community professionals who would like to build their knowledge about proven methods to support lifestyle change and how to refer into our service.

The webinars will take place online via MS Teams:

Smoking Cessation

Tuesday 7th July, 1.30pm to 2.30pm

BOOK HERE

Health Coaching

Tuesday 14th July - 1pm to 2pm

BOOK HERE

Health Checks

Monday 20th July - 2pm to 3pm

BOOK HERE

Health Coaching

Thursday 10th September - 1pm to 2pm

BOOK HERE

Adult Weight Management

Thursday 24th September - 2pm to 3pm

BOOK HERE

Smoking Cessation

Tuesday 29th September - 1.30pm to 2.30pm

BOOK HERE

Active Partnerships

Thursday 19th November - 2pm to 3pm

BOOK HERE

Making Every Contact Count

Friday 27th November, 11am to 12pm

BOOK HERE

Active Partnerships

Friday 15th January - 1.30pm to 2.30pm

BOOK HERE

Adult Weight Management

Thursday 28th January, 1.30pm to 2.30pm

BOOK HERE

Making Every Contact Count

Friday 12th February, 11am to 12pm

BOOK HERE

Health Checks

Friday 19th February, 1.30pm to 2.30pm

BOOK HERE

Spaces are limited and you can reserve yours via Eventbrite.