

Neighbourhood Doulas Healthy Lifestyle Pregnancy Programme

RBKC residents only

Make healthy lifestyle changes to improve health and wellbeing in your antenatal period and beyond.

contact us to reserve a space:
www.neighbourhooddoulas.org

or use QR code:



In partnership with:



BME
healthforum



almanaar
MUSLIM CULTURAL HERITAGE CENTRE

midaye
Somali Development Network

Ethiopian
Women's
Empowerment
Group

Funded by

THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

Mondays - 10.30 - 12.00

Free Community Healthy Lifestyle Programme

Interactive sessions and tips to improve physical and mental health wellbeing

- Healthy Habits, Healthy Mind
- Pregnancy Yoga
- Healthy Nutrition in Pregnancy - tips and resources
- Online Cooking with Gabriella
- Pathways for Local Community Support
- *Celebrating Healthy Lifestyle Changes (free gift)

A safe space to share experiences and challenges of keeping a healthy lifestyle.

Weeks 1-5 online, *Week 6 face-to-face, W10 5PE

