

## Hatters Health Patient Education Webinars – FREE to join every Tuesday 6.30pm -8pm.



Bute House Medical Centre; Dr Mirza & Partners: Legrave Surgery; Lister House Surgery; Oakley Surgery; Sundon Medical Centre.

Event Date	Event Description	Speaker	Event registration Link
07/02/2023	Introduction to SMART Initiative	Dr Kothari	<a href="https://www.eventbrite.com/e/500818059297">https://www.eventbrite.com/e/500818059297</a>
21/02/2023	Introduction to SMART Initiative	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/introduction-to-smart-initiative-tickets-500826263837">https://www.eventbrite.co.uk/e/introduction-to-smart-initiative-tickets-500826263837</a>
28/02/23	Hypertension awareness	Dr Sheena Badiani	<a href="https://www.eventbrite.co.uk/e/hypertension-awareness-tickets-513148018537">https://www.eventbrite.co.uk/e/hypertension-awareness-tickets-513148018537</a>
07/03/2023	Real Food	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/real-food-tickets-500855912517">https://www.eventbrite.co.uk/e/real-food-tickets-500855912517</a>
14/03/23	Bowel Screening	Dr Sheena Badiani	<a href="https://www.eventbrite.co.uk/e/bowel-screening-tickets-513154919177">https://www.eventbrite.co.uk/e/bowel-screening-tickets-513154919177</a>
21/03/2023	Intermittent Fasting	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/intermittent-fasting-tickets-500861469137">https://www.eventbrite.co.uk/e/intermittent-fasting-tickets-500861469137</a>
25/04/2023	Activity	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/activity-tickets-500863645647">https://www.eventbrite.co.uk/e/activity-tickets-500863645647</a>
16/05/2023	Mindfulness	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/mindfulness-tickets-500865631587">https://www.eventbrite.co.uk/e/mindfulness-tickets-500865631587</a>
23/05/2023	Sleep	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/sleep-tickets-500839453287">https://www.eventbrite.co.uk/e/sleep-tickets-500839453287</a>
06/06/2023	Gut Health	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/gut-health-tickets-500867095967">https://www.eventbrite.co.uk/e/gut-health-tickets-500867095967</a>
20/06/2023	SMART Initiative Summary session	Dr Kothari	<a href="https://www.eventbrite.co.uk/e/summary-session-tickets-500879814007">https://www.eventbrite.co.uk/e/summary-session-tickets-500879814007</a>

Do you want to live a healthier lifestyle but not sure how?

Do you have lots of stresses and anxiety and not sure how lifestyle affects it?

Do you feel a constant need to snack?

Improve your Blood Pressure, reduce weight, improve blood sugar control, reduce stress the SMART way

‘Working together to improve the Health & Wellbeing of our population’

For more information or support joining a session please email: [hattershealth.network@nhs.net](mailto:hattershealth.network@nhs.net)