



In today's health climate, lifestyle choices are an ever increasing concern, both for business and society in general.

Better Living Workshops are targeted at a range of individuals. From those suffering from conditions related to poor health choices through to the "corporate athlete" looking to improve their overall performance and wellbeing.

They are delivered by Specialised Physiotherapists using a multidisciplinary approach incorporating exercise, nutrition and the latest behavioral change techniques.

## Contact us

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## Range of Better Living Workshops

### Better Living - Behavioral change program

- A 12 week intensive behavioral change program using an evidence based approach to achieve improved health behaviors in a holistic manner

### Better Living - One day events

- One day interactive sessions educating individuals on the core principles of Better Living through Nutrition, Exercise and mental well-being

## Benefits for you

- Fast and easy access to high quality Trainers
- Delivered on-site, minimizing time lost from work
- Using a multidimensional, collaborative approach to improved health related behavior
- Practical demonstrations, tools and resources to facilitate principles taught through the course

"I enjoyed the breadth of subject covered from food, to fitness, to mental wellbeing. There was a real holistic approach taken which was great"  
Employee – Large Aviation company

