



Holistic way for a better you

More Horizons

'IN-CONTROL' Programme

MOTIVATION-NUTRITION- MINDFULNESS

Join our '**FREE**' 'In-Control' Programme and get motivated to live well and eat well with a focus on good emotional health.



In Partnership with WOMEN'S AID

Date: Sessions on 7 Sept, 21 Sept & 19 Oct 22

Time: 11-2 pm [*Lunch will be provided*]

'Delivered by Nutritionist, Motivational & Mindfulness experts'

To book a place email safah.awaid@outlook.com

For more info visit www.morehorizons.org.uk



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Introduction to In-Control Programme

More Horizons is a registered charity established to provide holistic support to individuals and communities to improve quality of life.

If you want to get motivated to achieve your goal, learn about good balanced diet and focus your mind, if your answer is yes to even one of the above, our In-Control programme is for you.

Our 'In-Control' programme is designed to provide self-management tools and allows individual to make their own choices based on the information they receive. The approach is person-centred with an emphasis on informed choice, personal control and making sustainable lifestyle improvements. These sessions are completely free of charge for individuals (18+) to attend. Sessions will be delivered face to face and Online via Zoom.

Each session offers lifestyle recommendations and self-help tools, focusing on:

- Motivation
- Nutrition
- Mindfulness - Relaxation / stress management

We are delivering our 'In-Control' programme over 3 sessions -

- First session to be delivered on 7 Sept from 11.00 -2.00 pm (face to face)
- Followed by 2 follow-up sessions on 21 Sept from 11.00 -2.00 pm (face to face) and
- 19 Oct 2022 from 10.00 – 1.00 pm (mostly online)

In these sessions a 'Goal setting' template will support participants in setting meaningful goals.

This pandemic has highlighted a greater need for such type of support which will benefit individuals in a positive way. In-Control programme aims to provide right resources where people can become empowered by their own abilities and gain the confidence to fulfill their potential.

For more information on our programmes please visit www.morehorizons.org.uk

If you have any further query or need more information, please let us know.

Best wishes
More Horizons Team