



**THE
LIFESTYLE
CLUB**

EVERYONE NEEDS SOME TLC!

**Free online 8 week lifestyle course
for people living with type 2 diabetes
and prediabetes.**

OUR MISSION IS YOUR REMISSION!

What is The Lifestyle Club?

The Lifestyle Club (TLC) is a health coaching service created by the registered charity, [Public Health Collaboration](#) (Charity no. 1171887). Our mission is to help inspire healthier lifestyles for better public health.



What is The Lifestyle Club offering?

The Lifestyle Club is offering an 8 week online group course to help people currently living with type 2 diabetes and prediabetes to improve their health, reduce medication and potentially put their type 2 diabetes and prediabetes into remission. Each course is led by one of our fully insured health coaches and contains 8 weekly sessions, which cover everything from nutrition and exercise to goal-setting and sleep.

Each group has between 6-12 participants. This number range creates a cohesive social group who learn together and enables a sense of accountability to one another for better health outcomes. The sessions are facilitated through Zoom with a 100 page printed handbook posted directly to participants.



[Click here](#) to watch a quick 3 minute introduction video about the sessions.

What do participants think about TLC?

In our post-course evaluation, 100% of participants who answered found the course useful, well organised and would recommend TLC to their friends and family. To watch a video from one of those participants talking about her experience on the course, [please click here](#).



"I used to struggle to get upstairs but ever since I've been on this course I don't have any pain. And I'm fitting into the clothes I never used to fit into. My desire is to now put my diabetes into remission."

Nancy

What do healthcare professionals think about TLC?

A good working relationship with your healthcare professionals is exceedingly important to us and having their support is vital for helping you get the most out of our course. To watch a video of what a GP thinks about the course, [please click here](#).

"It's so exciting to see people actually get better, really drop their HbA1c levels and just feel so much better after the course."

Dr Katharine Alsop



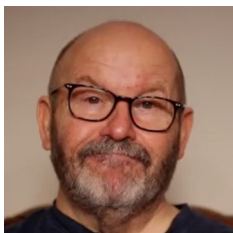
How to sign up to TLC?

[Click here](#) or go to calendly.com/TheLifestyleClub to use our online booking system for an initial introduction session.

On this session one of our Health Coaches will explain what the course is all about and how to enroll.

Still unsure if TLC is for you?

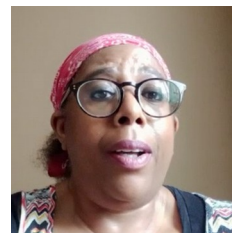
[Click here](#) to watch and listen to more stories from other people who have improved their health through our course.



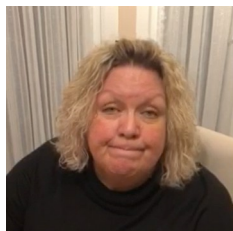
Gerard



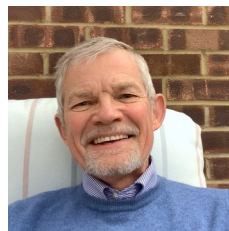
Kim



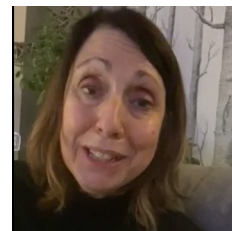
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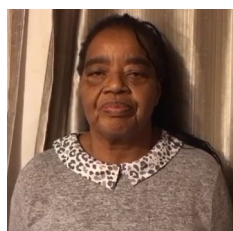
Julie



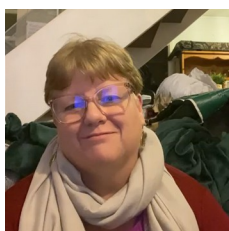
Peter



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Sign up at www.calendly.com/TheLifestyleClub