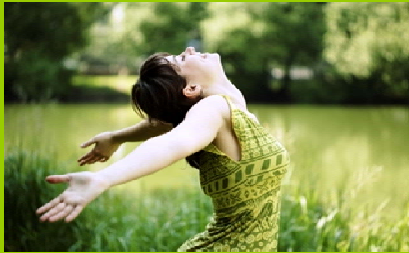


The Haven Project



1 Glen Avenue
Lexden
Colchester, Essex
C03 3RP

Tel: 01206 287316

www.thehavenproject.org.uk

The Haven



Healthy Living Group

**The Healthy Living Group
meets from
11am to 12 noon
on Tuesday mornings**

**Come and join us
all welcome.**

Quote:

*“A group of fat chain
smokers meet weekly,
but we live in hope”*

Jeff D

**The Healthy Living Group
began in 2008 as the
Smoking Cessation Group
but decided to widen its
scope to incorporate a range
of health issues.**

- ◇ **Smoking cessation**
- ◇ **Healthy Eating**
- ◇ **Exercise**

**Leaflets about smoking, healthy
eating and exercise available.**

**Carbon Monoxide testing on
request.**

**Private weighing facilities also
available.**