

The information in this brochure could help you take steps to change your life for the better

Chronic diseases like diabetes, heart disease and stroke are resulting in above EU average hospital admissions in Ireland (OECD, 2017)*

Did you know that over two thirds of Irish people are impacted by at least two chronic diseases by the time they reach 65 years of age

Chronic diseases are largely preventable; improve your chances of living a longer, happier and chronic-disease-free life by making a small number of lifestyle changes

We'll support you making those choices.

Read on to find out more and we'll be delighted to provide a no obligation consultation to help get you started



OUR CARE - YOUR CONTROL

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poweringhealth.ie

Converting Small and Sustained Lifestyle Changes into Permanent Lifelong Benefits

* https://ec.europa.eu/health/sites/health/files/state/docs/chp_ir_english.pdf

Make It Yours

Once you decide you are serious about making a change you will be requested to complete a short information background sheet summarising your current:

- Exercise regime
- Typical meal / snacks summary
- Any specific or relevant medical conditions

Easy Progress Tracking

- Program workbook
- Website support tools
- Virtual lead / peer support

Learn more by attending one of our information events.



Attend one of our regular public information events to learn more.

Information Event Registration
poweringhealth.ie/phevents/

Our Services

We offer highly personalised services for:

- Corporate clients
- Community groups and clubs
- Individuals

We'll partner with you to:

- Create a fully customised change plan (at employee / member / individual level)
- Establish specific change plan targets
- Help you monitor and adhere to committed changes

Each change program runs over six weeks with 7 face-to-face program support workshops.

Six SUSTAIN-THE-CHANGE workshops are scheduled on a monthly basis following completion of initial change plan.

Virtual peer / lead support throughout.

poweringhealth.ie

The Powering Health Solution

Take this Quick and Easy Lifestyle Assessment:
poweringhealth.ie/health-program/lifestyle-assessment/



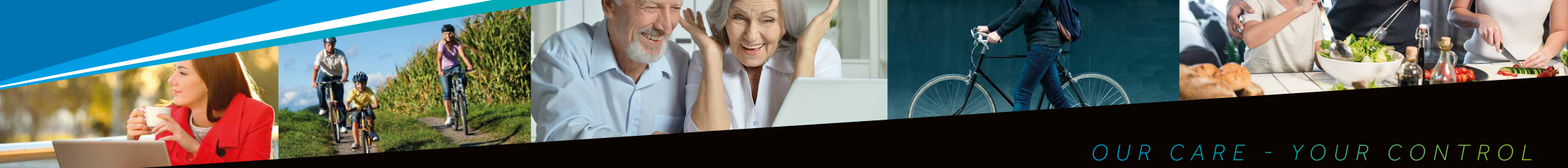
Takes less than a minute to access and complete.

How did you do?

Are there areas that you'd like to consider changing?

Powering Health will collaborate and help you assess what changes you are prepared to commit to.

We'll work together on creating an agreed change plan and help you sustain those changes through the duration of the program and beyond.



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