

Media information

For immediate use



Provost keen to support LEAN

An East Ayrshire-based lifestyle group had the pleasure of welcoming East Ayrshire's Provost Jim Todd to one of their meetings in the Darvel Town Hall last month.

The group are participating in the LEAN (Lifestyle, Exercise and Nutrition) programme which is delivered in various locations in East Ayrshire by NHS Ayrshire & Arran's Dietetic service, in partnership with Vibrant Communities.

LEAN is a 12 week lifestyle programme with weekly sessions which include:

- physical activity suitable for all abilities;
- practical cooking;
- education on nutrition;
- relaxation;
- complimentary therapies; and
- support with making changes to your lifestyle.

Natalie Linden, Programme Lead Dietitian, said: "It was lovely to welcome the Provost to the group and have him take part in our exercises and discussions. The other members really appreciated his support and encouragement."

For more information on the LEAN programme, contact Natalie Linden on 01563 577432 or email Natalie.linden@aapct.scot.nhs.uk.

ends

Date of release: **Monday 10 July 2017**

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Photographs:



LEAN participants pictured with Provost Jim Todd; Amie Mitchell, Community Dietitian; Johnny Allen, Community Health Assistant from Vibrant Communities and Natalie Linden, Weight Management Lead Dietitian.

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