

Mentors Wanted.



FREE full training and support given No experience necessary

We want to reduce people's risk of developing Type 2 diabetes by increasing their physical activity and we are looking for volunteer mentors who can help.

The risk of developing Type 2 diabetes can be dramatically reduced through regular physical activity yet over half of Bexley's adults are inactive.

Have you improved your health or managed a health condition through regular exercise? Then you could be a mentor. Mentors commit to just 1 hour a week, offering 1-1 support to people trying to become more active.

Could you help make the difference?

Beat.

To find out more visit www.intothebeat.co.uk

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Tel: 0208 303 5816 (Option 4)

Facebook: www.facebook.com/intothebeat.bexley

Twitter: [@_intothebeat](https://twitter.com/_intothebeat)