

Gut Health and Well-Being For those aged 50+

Improving Health, Empowering Communities

Hippocrates is famous for his quote:
“All disease begins in the gut”

Are you interested in learning how to maintain optimal gut health and take simple steps to prevent bowel cancer?

Join our local NHS Bowel Screening Health Promotion Team to enhance your gut health and well-being while supporting the health of the community.

We work across Newham, City & Hackney, Waltham Forest and Tower Hamlets to offer:

1) Free interactive workshops with simple tips to enhance gut health & well-being.

Topics include:

- Learning how small changes in diet and lifestyle can make a big impact on your health
- Discovering the life-saving benefits of the NHS Bowel Screening Programme & simple tips to prevent cancer.
- Learning about effective stress management techniques to improve mood & enhance overall gut health & well being

2) Tailored training for volunteers and staff working in community, clinical, faith-based settings and many others

3) A platform for discussions and community engagement, dedicated to supporting vulnerable groups to reduce health inequalities

For more information, reach out to our dedicated team:

Leena Khagram - Health Promotion Lead -
leena.khagram@nhs.net

Marcelina Strozowska – Health Promotion Outreach Officer -
marcelina.strozowska@nhs.net



Leena Khagram
Health Promotion Lead



Marcelina Strozowska
Health Promotion Outreach Officer

Feedback from our sessions:

“Leena was very good at explaining what’s involved to us. She has a very natural conversational style of presenting” - Community workshop

“Really happy with the service offered today. A big thank you” - Community workshop

“Great training, very informative” - Staff Training

“It was very helpful and increased my knowledge” - Community Volunteer Training