



EMPOWERING TAMIL FAMILIES

HEALTH AND WELL-BEING

1. Online support and advice for parents and vulnerable people
2. Online yoga exercises & meditation for 30-85 ages
3. Online healthy eating & nutrition classes
4. Motivate people and engage them in daily exercise and socialising
5. Group walk to the park in a safe and practical way
6. BMI measurement discussions by AGE UK
7. Positive motivation and parenting plan
8. Stress and anger management for all



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