



## What We Offer?

- Friendly help and educational materials
- Clear explanations of low-carb and keto diets
- Guidance on how lifestyle changes can improve health
- Support for making sustainable choices
- Access to blood pressure monitoring



Just pop in, no appointment necessary.

Tuesdays 10am - 12pm  
to get information from  
retired GP, Dr Sarkar, and our  
trained volunteers.

Healthwatch Bury, 56-58  
Bolton Street, Bury, BL9 0LL



## Low Carb Diet Hub

**Need help with your  
health or wellbeing?**

Your Health, Your Wellbeing  
We're Here to Help!

If you have a health concern or  
simply want to feel your best,  
you're warmly invited to drop in.

We provide trusted information  
and practical guidance to help  
you take the right steps toward  
better health and wellbeing.

Come along and speak with  
retired GP, Dr Sarkar, who will be  
available to answer your  
questions and offer support.



## Who can benefit?

- Anyone curious about nutrition and healthy living
- People managing chronic conditions
- Those seeking weight management strategies
- Individuals wanting to boost energy and mental clarity



## Why visit us?

Many common health problems can be prevented or improved with simple lifestyle changes, including:

- Overweight & Obesity
- High Blood Pressure
- Heart Disease
- Type 2 Diabetes
- Some Mental Health Conditions
- Our drop ins focus on low carb and keto approaches, which are increasingly recognised for their role in supporting metabolic health.



## Contact details

- 📞 0161 253 6300
- ✉️ [info@healthwatchbury.co.uk](mailto:info@healthwatchbury.co.uk)
- 🌐 [www.healthwatchbury.co.uk](http://www.healthwatchbury.co.uk)
- 📍 56-58 Bolton Street, Bury, BL9 0LL