



What We Offer?

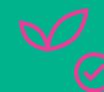
- Friendly help and educational materials
- Clear explanations of low-carb and keto diets
- Guidance on how lifestyle changes can improve health
- Support for making sustainable choices
- Access to blood pressure monitoring



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



healthwatch
Bury

Low Carb Diet Hub

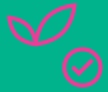
Need help with your health or wellbeing?

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

🌐 www.healthwatchbury.co.uk

📍 56-58 Bolton Street, Bury, BL90LL

