

# South Lakes u3a Health Matters group



## **New group:**

Having had success of leading a health matters group in another u3a area, I am inviting you to join this group.

## **Definition:**

Health in the context of the group encompasses: physical, mental, psychological, social, spiritual, sexual, and environmental.

## **The purpose of the group is to:**

Examine a diverse range of health and related subjects to enhance understanding and identify health issues and their impact on individuals, families, society, and the environment.

## **The Objectives are to:**

- Choose health related themes from A to Z
- Consider the meaning of health, healthy living, and healthy environments
- Identify current research and its impact on health and disease
- Bring issues on health, disease, and related subjects to the group for discussion
- Identify speakers within the group, and external ones.

## **Confidentiality:**

Confidentiality will be honoured by the group, and members' personal issues will not be discussed outside the meetings.

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