







Lifestyle as Medicine Programme (LAMP)

<div><p>Sleep Better</p></div>	<p>Before LAMP, I rated my approach to eating well as:</p>	<p>The things I notice when I eat well:</p>	<p>Eat Well</p>
<div><p>Move More</p></div>			
<div><p>Eat Well</p></div>			
<div><p>Reduce Stress</p></div>	<p>The things that have changed about my approach to eating well since starting LAMP:</p>	<p>The things that help me eat well:</p>	
<div><p>Deepen Connection</p></div>			
<div><p>Minimise Harm</p></div>			

