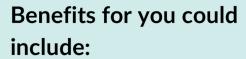
## **AVAILABLE IN YOUR PRACTICE NOW!**

## Health & Wellbeing Coach Service

Ready for a healthier happier you?

Health and Wellbeing Coaches work with you to give you the knowledge, skills and motivation needed to make healthier lifestyle choices.



- Improve your motivation
- Improve your physical activity levels
- Manage blood sugar levels
- Develop health and wellbeing knowledge
- Gain confidence
- Improve your overall sense of health
- Improve your sense of control
- Feel empowered











