

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.

Benefits for you could include:

- 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



For more information, speak to a healthcare professional at your GP Practice.