

Group Sessions with Health Coaches



The Phoenix Centre
Roundshaw Estate
SM6 9NZ



Last Thursday of
every month
11.30am-1.30pm



**HEALTH COACH
GROUP SESSIONS**
FIRST COME FIRST SERVED

**CONNECT TO
LOCAL SERVICES**

FINANCIAL
HELP



MENTAL
WELLBEING

WEIGHT
MANAGEMENT



HEALTH &
WELLNESS
CHECK

EXERCISE



NUTRITION
EDUCATION



**Wallington
Wellbeing INT**

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Wallington Wellbeing Integrated Neighbourhood Team