

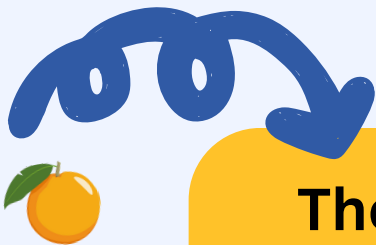
Would you like support to make healthy lifestyle changes?

See a Health Coach

If you have a lifestyle related condition such as obesity, diabetes, high blood pressure, or chronic pain and want to make a positive, lasting change - you can see a Health Coach at your GP Practice.



Health Coaches support you to plan and create realistic steps to reach your health goals. They help you find your reason for change and to overcome what might be getting in the way of it.



They have time to listen and work with you about the things that matter to you.



Please get in touch!



wyicb-wak.healthandwellbeingteam@nhs.net



If you're ready to make changes that will get you on the right track, talk to your Practice for an appointment or email us to make an enquiry!

