



Health Coaching Service (age 18+)

Would you like support to:

- reduce stress
- exercise (moving more)
- plan pre / post operation
- manage a long term condition – new or existing
- prevent health issues i.e. pre-diabetes
- manage pain – living better with pain
- eat healthier / reduce snacking
- stop disrupted sleep & improve sleep hygiene
- manage peri / menopausal symptoms

Speak to your
GP, nurse or
reception team
to ask for a
referral.

This service supports you to make lifestyle changes
but does not provide diet / exercise plans.

**Ask for a call back from our Health Coach - you can
ask your GP, nurse or reception team.**