A screenshot of a health care advertisement

Description automatically generated

**Taking steps to better health**

**FREE HEALTH AND WELLBEING COACHING SERVICE**

**What we can help with:**

|  |  |  |  |
| --- | --- | --- | --- |
| * Evidence based nutrition advice | * Weight management | * Coping with life changes | * Disease prevention |
|  |  |  |  |
| * Living well with long term conditions | * Returning to work after absence or unemployment | * Creating positive connections and relationships | * Self-confidence, motivation and goal setting |
|  |  |  |  |
| * How to get active | * Stress reduction | * Reducing smoking | * Sleeping well |

***For Appointments***  *-* ***your receptionist, GP or nurse can request an initial appointment or you can request one via Online Consultations on the practice website.***