

**Taking steps to better health**

**FREE HEALTH AND WELLBEING COACHING SERVICE**

**What we can help with:**

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| * Evidence based nutrition advice
 | * Weight management
 | * Coping with life changes
 | * Disease prevention
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| * Living well with long term conditions
 | * Returning to work after absence or unemployment
 | * Creating positive connections and relationships
 | * Self-confidence, motivation and goal setting
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| * How to get active
 | * Stress reduction
 | * Reducing smoking
 | * Sleeping well
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***For Appointments***  *-* ***your receptionist, GP or nurse can request an initial appointment or you can request one via Online Consultations on the practice website.***