

Ways 2 Wellbeing



Do you think you could benefit from the support of a Health and Wellbeing Coach?...

Take 5 Steps To A Better Wellbeing:



*Your time,
your words,
your presence*



*Talk & Listen,
Be there,
Feel connected*



*Remember the
simple things
that give you joy*



*Do what you can,
Enjoy what you do,
Move your mood*



*Embrace new
experiences,
See opportunities*

Please contact your GP for further details



The Health And Wellbeing Coach Will:



Empower



Support



Motivate



Encourage

We will help you to access services in the community, working with your Local GPs, Health & Social Care Team and Voluntary Groups. This will help you to improve your own health and wellbeing.

The Ways2Wellbeing is a partnership project with these organisations:



Devon
County Council

Royal Devon and Exeter **NHS**
NHS Foundation Trust

East Devon Health
local GPs working together for improved primary care

Please contact your GP for further details

