## 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:











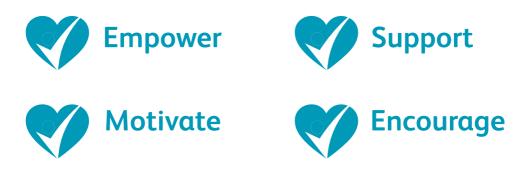
Your time, your words, your presence

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:



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:



## Please contact your GP for further details