

Health Advice and Support with **Be Well**

Free &
confidential
support

Are you looking to improve your health and wellbeing but you're not sure where to start?

We can support you with:



Looking for tips to eat healthier?

You might be trying to lose weight, manage a health condition or want some new ideas and tips for you and your family.

'Drop In' and speak to Be Well Coaches Andy and Sou for advice and support with healthy eating and physical activity.

When: 12pm-2pm every Monday (except bank holidays)

Where: Higher Folds Community Centre,
Stirling Close, Leigh WN7 2UB



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To get the support and advice you need visit:
bewellwigan.org/healthadvice
or call **01942 404220**



Wigan
Council