



**This 12 week supportive
behaviour change
programme motivates
individuals who are
ready to make
healthier lifestyle
changes.**





Our health promotion team can help individuals to identify areas that they wish to improve, and support them through personal face-to-face and/or online support to help achieve these changes.

Topics covered:

- Nutrition
- Physical Activity
- Stress
- Sleep
- Smoking
- Alcohol

What's included?

- 12 weeks of support
- Pre and post health checks
- Online support and resources
- Personal and organisational health reports
- Action planning template

WHAT OUR CLIENTS SAY

“The programme encouraged our employees to make healthy lifestyle choices over the 12 weeks with amazing results! As a result of the Well You Programme, we have a significant number of staff much healthier today!”

EXECUTIVE OFFICE AT STORMONT

“Great for giving you a kick start to a healthier lifestyle. Excellent programme. Highly recommended!”

COMMISSION FOR VICTIMS AND SURVIVORS

To learn more about our services visit:

www.nichs.org.uk/WellNI
T. 028 9032 0184