

**Free health checks and  
wellbeing workshops for  
your community group.**

**Ballymena  
Well Community  
Programme**

A Free Health and Wellbeing Initiative from  
Northern Ireland Chest Heart & Stroke.

Chest  
Heart &  
Stroke



# We're bringing our FREE Well Community Programme to Ballymena.

We are particularly keen to hear from you if you are part of a local group or club, or live in the areas of Harryville, Ballykeel or Ballee.

## What Does Well Community Offer?



### Well Group Programme

We offer interactive, fun, and engaging programmes and workshops promoting healthier lifestyle choices and how it can reduce the risk of chest heart and stroke conditions. Each programme will be tailored to the needs of your group.



### Well You Personal Behaviour Change Programme

Well You is a free behaviour change programme with 1 to 1 coaching from our trained Health Promotion team. This can be delivered either face to face, via telephone or video call. You set the goals for your health, and we will support and motivate you to achieve them.



### Free Health Checks

We can deliver free health checks for your community group or event and we regularly hold drop in health checks in the local area. Check our website or social media for details of upcoming checks.

## Working together for better health for you and your community.

**Email:** [wellcommunity@nichs.org.uk](mailto:wellcommunity@nichs.org.uk), **Call:** 028 9032 0184

**Or visit:** [www.nichs.org.uk/community](http://www.nichs.org.uk/community)

Well You is funded by public donations.

**Almost 90%** of our income comes from public donations.

### Follow us:



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