

**Ready to
take the first
step toward
a healthier
lifestyle?**

Well You

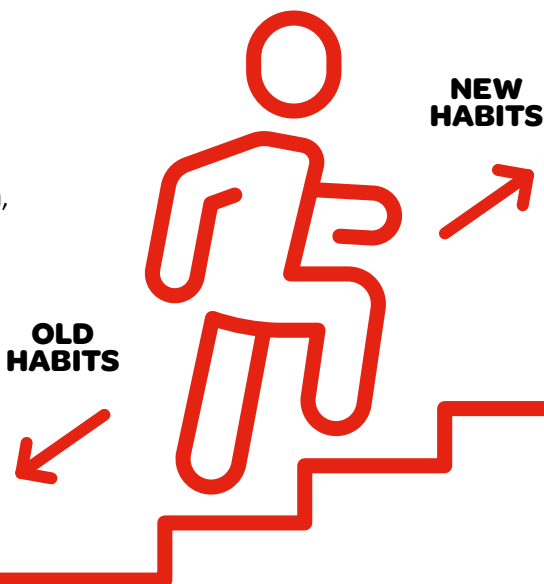
**Behaviour Change
Programme**

**Chest
Heart &
Stroke**

We can help you every step of the way.

Well You is a free, one year behaviour change programme with 1 to 1 coaching from our trained Health Promotion team, 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.



For more information

Email wellcommunity@nichs.org.uk, **Call** 028 9032 0184

Or visit 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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