

**Be Well
Walsall**

**Ready to help your patients
feel happier and healthier?**

Be Well Walsall is a **free** wellbeing service which can make a real difference to your patients' quality of life.

Our support includes:

A personalised
self-care plan



One-to-one
and group support



Access to
wellbeing apps



Refer today >>>



01922 444044



Walsall Council

maximus



Starting Well • Living Well • Ageing Well