

Ready to be a healthier weight,

but not sure how?

**Be Well Walsall** is a **free** wellbeing service to help you look after your health.

**We can support you to:**

- ✓ Get more active
- ✓ Work on your weight goals
- ✓ Improve your diet
- ✓ Make positive changes.



Our wellbeing experts have already helped hundreds of people like you.



Ready to

sign up now?

Take the first step towards a healthier you today:

Most people visit our website

to find out more



[bww.maximusuk.co.uk/sign-up](http://bww.maximusuk.co.uk/sign-up)



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