

Be Well  
Walsall

Want to be a healthier weight,  
but not sure how?

Be Well Walsall is a **free** wellbeing service to help you:

Work on your weight goals



Improve your diet



Get more active



Sign up now >>>>



01922 444044



Walsall Council

maximus



Starting Well • Living Well • Ageing Well

For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting X22-1841