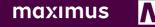


Be Well Walsall is a free wellbeing service which can improve your physical and mental health.

Our expert team will support you to make long-lasting changes, in a way that works for you.









We can help you:









By signing up, you can:

- ✓ Feel the benefits of a healthy life
- ✓ Get personalised support
- ✓ Make simple, positive changes.

Take the first step towards a healthier you today:





HHHHH





For alternative formats, email marketing@maximusuk.co.uk quoting X22-1807