

Be Well
Walsall



Take the first step

on your health and
wellbeing journey

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.



Walsall Council

maximus



Starting Well • Living Well • Ageing Well

We can help you:

Improve
your
wellbeing



Be a
healthier
weight



Stop
smoking



Get an
NHS Health
Check



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:



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

Most people visit our website

to find out more



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