

Be Well  
Walsall

Take the first step

on your health and  
wellbeing journey

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

We can help you to:

Improve your  
wellbeing



Be a healthier  
weight



Stop  
smoking



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Health Check



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Walsall Council

maximus

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Starting Well • Living Well • Ageing Well

For alternative formats, email [marketing@maximusuk.co.uk](mailto:marketing@maximusuk.co.uk) quoting X22-1862