

Be Well
Walsall

Ready

to give up smoking

for good?



Be Well Walsall is a free wellbeing service which can help you make healthy changes that last.

Our free stop-smoking service includes:

Achievable
goal setting



Personalised
1:1 coaching



Nicotine replacement
therapy (NRT) plans



Walsall Council

maximus



Starting Well • Living Well • Ageing Well

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



Take the first step towards a healthier you today:



Most people visit our website

to find out more



bww.maximusuk.co.uk/sign-up



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