

# Be Well Walsall



Ready to feel

healthier and happier?

**Be Well Walsall** is a **free** wellbeing service which can help you make healthy habits for life.

Our health coaches will support you to improve your lifestyle, in ways which work for you.



Walsall Council

maximus



Starting Well • Living Well • Ageing Well

# By joining, you will:



- ✓ Get a personalised self-care plan
- ✓ Have access to one-to-one support and group chats
- ✓ Use wellbeing apps, designed to make a difference.



Our wellbeing experts have already helped hundreds of people like you make positive changes to their lifestyles.



Take the first step towards a healthier you today:

Most people visit our website

to find out more



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



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