

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 support includes:

A personalised self-care plan



One-to-one and group support



Access to wellbeing apps



Sign up now >>>



01922 444044



Walsall Council

maximus



Starting Well • Living Well • Ageing Well

For alternative formats, email marketing@maximusuk.co.uk quoting X22-1840