

FREE service supporting you to live well in County Durham

Improve your well being with our free and friendly service

Check out What's On at our events section on our website at www.wellbeingforlife.net

From gentle exercise to practical cooking, to crafty confidence sessions or supporting your local community - there's lots on offer, and we can support new groups if you can't find something to suit you!

For adults, 16 years and over, we provide one to one and group support to:

- ▶ **Eat healthier**
- ◆ **Be more active**
- ◆ **Give up smoking**
- ◆ **Drink less alcohol**
- ▶ **Learn to cook**
- ◆ **Learn new skills**
- ◆ **Volunteer**



Make the most of your chance to meet new people and improve your well being for a happier and healthier life.

Get in touch today!

well.
being
for life

 0800 876 6887

 www.wellbeingforlife.net