

Keen to improve your health and wellbeing?

Visit our Health Coach
it's FREE

OUR HEALTH COACH CAN HELP WITH...

Gaining the knowledge, skills and confidence to help you reach your health goals.

Tips for managing and living well with long term conditions like:

- Diabetes
- Asthma
- Gout
- High cholesterol
- High blood pressure
- Low blood pressure

Different ways to change your eating habits, get more active and meet your weight goals.

Help understanding your medication.

Also:

- Positive parenting
- Reducing or quitting smoking
- Connecting you with the right social service, community group or charity to help you with housing, food or social connection.

Our Health Coach holds health groups in the clinic. Ask them which groups are starting soon

For appointments

Your doctor or practice nurse can introduce you to the Health Coach or you can ask for an appointment at reception.



ACCESS & CHOICE
Wellbeing Support
Supporting the health and wellbeing of our communities

*Ko koe ki tēna, ko ahau ki tēnei kīwai o te kete:
You at that, and I at this handle of the basket. By working together, we move forward*