

# Neighbourhood Health Coaching Team

Better Conversations,  
Better Health,  
Better You.

Supporting you to improve your health and wellness including:

- weight management
- moving more
- stopping smoking
- drinking less alcohol
- improving your mood
- working towards your own health goals



If you would like to see a health coach please call: 07917 251 587 or email: [somccg.healthcoaching4U@nhs.net](mailto:somccg.healthcoaching4U@nhs.net)

