



HEALTH & HAPPINESS HUB KINGSWOOD



Delivering with you

South Gloucestershire
Locality Partnership



NETWORK4
Green Valleys | Three Shires | Orchard | Downend

Supporting adults with long term health conditions who want to make simple changes to improve their wellbeing and health.



WHAT TO EXPECT:

- A friendly, informal group supported by a dedicated team
- A chance to talk, laugh and share with others in similar situations
- A Health & Wellbeing Coach to help set personal goals and stay motivated
- Introduction to other local activities and services
- Exploring topics such as: Physical Activity, Sleep, Managing stress, Nutrition, Goal setting and Overcoming barriers.

WHO CAN ATTEND:

Adults living with one or more of the following conditions:

- Pre-diabetes
- Heart disease
- Chronic kidney disease

WHERE AND WHEN:



Kingswood
Community
Association
High Street
Kingswood, BS15 4AB



Wednesdays
2pm – 4pm



Tea and coffee
provided

For more information about this free service, please ask your GP practice to refer you to the care co-ordinator for hubs.