



HEALTH & HAPPINESS HUB THORNBURY



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:

- Hypertension
- Diabetes
- Obesity
- Anxiety or Depression
- Chronic pain

WHERE AND WHEN:



Turnberries
Bath Road
Thornbury
BS35 2BB



Thursdays
10am – 12pm



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.