



HEALTH & HAPPINESS HUB YATE



Delivering with you

South Gloucestershire
Locality Partnership



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:

 YMCA
Station Road
Yate
BS37 4PQ

 Wednesdays
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.