FREE

HEALTHY LIFESTYLE SUPPORT FOR YOUR FAMILY

Commissioned by Dudley Council

Arrange free one-to-one support with a Dudley Family Wellness Coach who will help you and your kids eat well and move more

Ready for a healthier lifestyle? Talk to the Your Health Dudley team today

Your Health Dudley

01384 732 402

yourhealth.dudley@nhs.net

www.yourhealthdudley.co.uk/your-wellness-journey