Health and Wellbeing Coaching Herefordshire Primary Care Networks

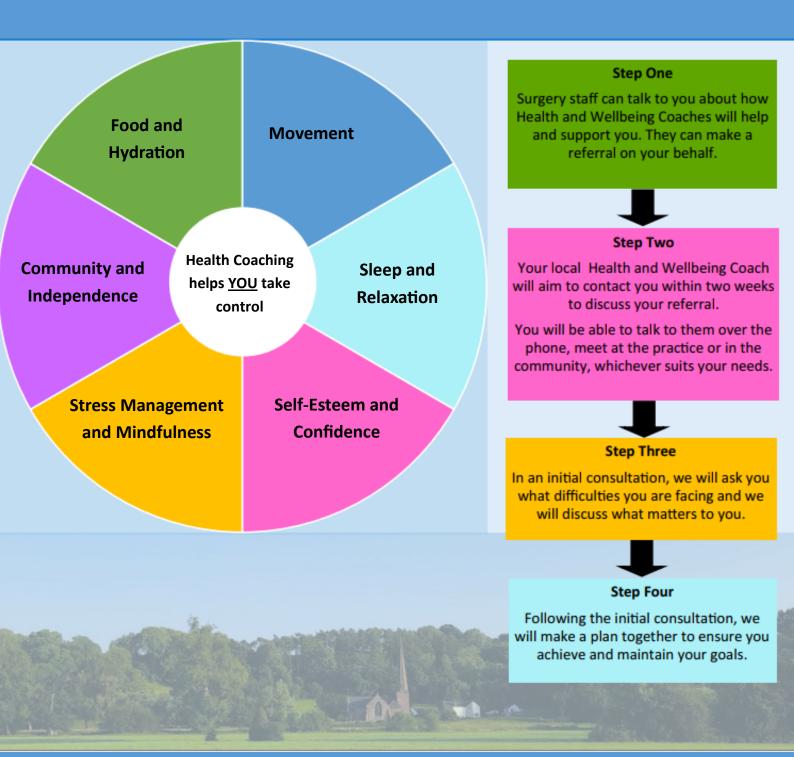








Health and Wellbeing Coaches work alongside other healthcare professionals in your surgery to identify what motivates you and to find a way to help you make *choices* that improve your lifestyle.



Health and Wellbeing coaching helps people to gain and use knowledge, skills and confidence to become active participants in their own healthcare.