

Be Well Tameside

New Year, New You?

Is this something you said a few weeks ago? If so, you're not alone! Thousands start their health journey on the 1st January every year, however, many lose motivation by the end of the month! Barriers like setting too many goals or too high expectations mean we can easily lose motivation and quit!

Whether it's eating healthily, losing weight or quitting smoking, we can support you for FREE!

Here at Be Well Tameside our professional and friendly NHS Health & Wellbeing advisors are committed to supporting and motivating you throughout your positive lifestyle change!

So, if you feel like you're starting to lag give us a call, we can even support you in the comfort of your own home/workplace via phone or video call. It couldn't be more convenient!

0161 716 2000 / bewelltameside@nhs.net

Maximising potential

