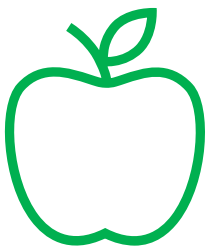


Health and Wellbeing Coaching

What is Health and Wellbeing Coaching?

Providing patients with support, education and tools they need to become active participants in their own care. Including setting daily routines around movement, nutrition and managing stress.

Ways Health and Wellbeing Coaching can support being pre-diabetic?



Nutritional Advice

Gain a better understanding and knowledge of food



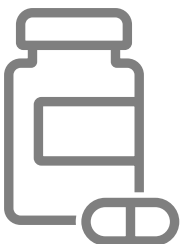
Regular Exercise

Understanding the importance of exercise in our daily routine



Manage Stress

Understanding how to manage stress to prevent it impacting our food choices



Reduce the need for medication

Speak to your GP Surgery to get booked in!