

WE'RE STILL HERE FOR **YOU**

DID YOU KNOW BLACKBURN WITH DARWEN'S RE:FRESH TEAM AND THE WELLBEING SERVICE ARE STILL HERE OFFERING A RANGE OF 121 TELEPHONE SUPPORT, MOTIVATION AND GUIDANCE, INCLUDING:

Health Coaching
which includes
support to make
positive changes
to your lifestyle
and wellbeing.



Condition specific
healthy living and
exercise advice for
Cardiac, Pulmonary
(COPD) and Stroke
Rehabilitation.



Support for older adults
on home exercises
to maintain strength,
balance and mobility and
prevent falls.



Personal, targeted
support for weight
management and
exercise advice.

ACCESS TO ALL THIS AND MORE IS MADE BY CONTACTING THE WELLBEING SERVICE:

CALL 01254 682037 **EMAIL** wellbeing@blackburn.gov.uk

For further information, resources and services to help you stay active, stay well and stay connected visit www.refreshbwd.com

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re:refresh
your health and wellbeing

Blackburn with Darwen
**WELLBEING
SERVICE**

