

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:

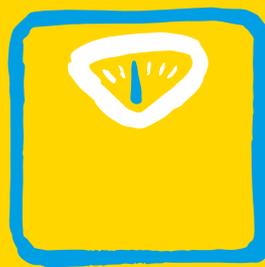
Health Coaching which includes support to make positive changes to your lifestyle and wellbeing.



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**

