

Online event:

Discover Support Services for your Health & Wellbeing



Join us for a free online session exploring the ways you can access additional support from your GP practice

Friday 10 July | 1pm - 2pm

Sign up for free at:



[ExtraSupportHSW.eventbrite.co.uk](https://www.eventbrite.co.uk/e/extra-support-hsw)

Getting help with work, caring, mental wellbeing, community support and lifestyle can improve your long-term health

Hear from your practice team who can support these areas and more: Health Coaches, Social Prescribers, mental health information & local support services