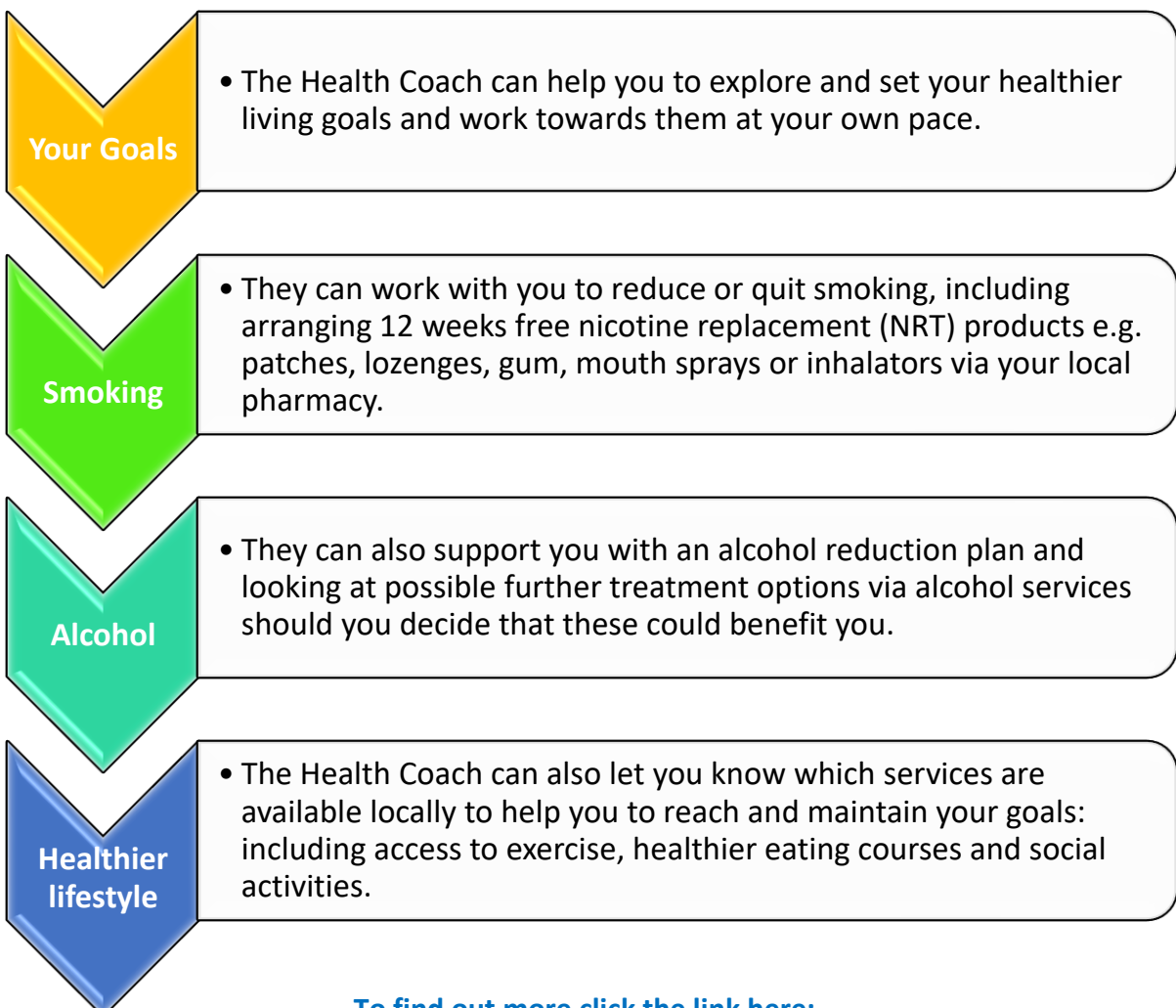


## One to One Health Coaching

*Would you like to cut down or stop your smoking or alcohol use and work towards a healthier lifestyle?*

Winch Lane Surgery are proud to launch a brand-new Health Coaching service. We can offer one to one coaching sessions with a trained Health Coach, part of the NHS Smoking and Wellbeing Team who will work with you on a personalised health improvement plan.



To find out more click the link here:

Please collect a referral form from reception.

