

supports the health and wellbeing of people who live and work in Crawley

We offer:

 Face-to-face and virtual wellbeing appointments (including body composition scales).

Our 1:1 support includes:

- Nutritional support
- Weight management
- Advice on being more active
- Smoking cessation
- Reducing alcohol intake
- Emotional wellbeing/stress management
- NHS Health Checks
- Workplace wellbeing.

Plus signposting to a wide range of in-house and community provisions.



Contact us today

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- crawley.westsussexwellbeing.org.uk
- **6** 01293 585317
- CrawleyWB (Facebook and Twitter) Crawleywellbeing (Instagram)