

Help's available from 'Live Well' for support with those healthy New Year's Resolutions!

Christmas time is the season of good cheer. The problem can be too much of the 'good cheer'! New Year is often a time when we make new resolutions, especially about healthy lifestyles choices, e.g. weight loss, more exercise and healthy eating.

If you need help finding what what's out there to support you, staff from 'Live Well' will be coming to Whitecliff Mill Surgery on 04 January 2018 between 8am and 1pm. Patients from both Eagle House and Whitecliff Mill Surgeries are welcome to come along and speak to them in Whitecliff Surgery waiting room.

The 'Live Well' service is open to anyone living in Dorset over the age of 18. It provides information, support and onward referrals for weight management, smoking cessation, physical activity and alcohol issues.

As a follow-up, the team of specially trained wellness advisors will assess patients over the phone and provide brief interventions designed to support healthy behaviour choices. Where required, they will offer a programme of support to help people make and sustain changes to their lifestyle and signpost them to other services.

If you want you find out more about the NHS scheme 'Live Well'. please see <https://www.nhs.uk/livewell/Pages/Livewellhub.aspx> or ask at your surgery.