

Livewell



Our Livewell Programme supports local people to live longer and healthier lives.

Support to:

- stop smoking
- lose weight
- eat healthier
- get active
- de-stress, relax & unwind
- feel more confident

For more information or to book an appointment call **0151 630 8383**
or visit **www.wirralct.nhs.uk**

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 for you,
with you