

# Life in the way of healthy living?



Be Well is here to help you find a way to live and feel well whatever twists and turns life brings.

We can even help you get on top of work, family and money worries.

**Just call us on 0161 470 7120**

**Be Well is here for people living in Manchester. We're free to all, near to home and personal to you.**



Be Well is part of The Big Life group of social businesses and charities



# How Be Well works



Be Well is a social prescribing service for people living in Manchester. That means we support you to make healthy lifestyle changes without ignoring things that often get in the way.

So come to us if you are looking for help with:

- Getting more support locally
- Reaching your life goals
- Motivation, low mood and feeling positive about life
- Feeling less isolated
- Reaching a healthier weight or lifestyle

But tell us about the things holding you back too. Things like:

- Problems in work or finding a job
- Debt, paying your rent or mortgage, getting the right benefits
- Managing a long-term condition
- Where to start and what support is out there

We can help you overcome these things too because Be Well is a partnership of community-based organisations and groups that stretches across Manchester. So while you're seeing a Be Well healthy lifestyle coach, you can also tap into a whole range of health, employment, benefit, and community-based support. We'll work with you in whatever way suits you best.

It also means you can be invited to come to us by a wide range of groups and organisations in your community as well as by local health, housing and advice workers.

To make living and feeling well part of everyday life, call us on **0161 470 7120** from Monday to Friday 9am - 5pm or email **[bewell@thebiglifegroup.com](mailto:bewell@thebiglifegroup.com)**

