

DO YOU KNOW  
WHAT A is?

Self-care  
IS EMPOWERMENT

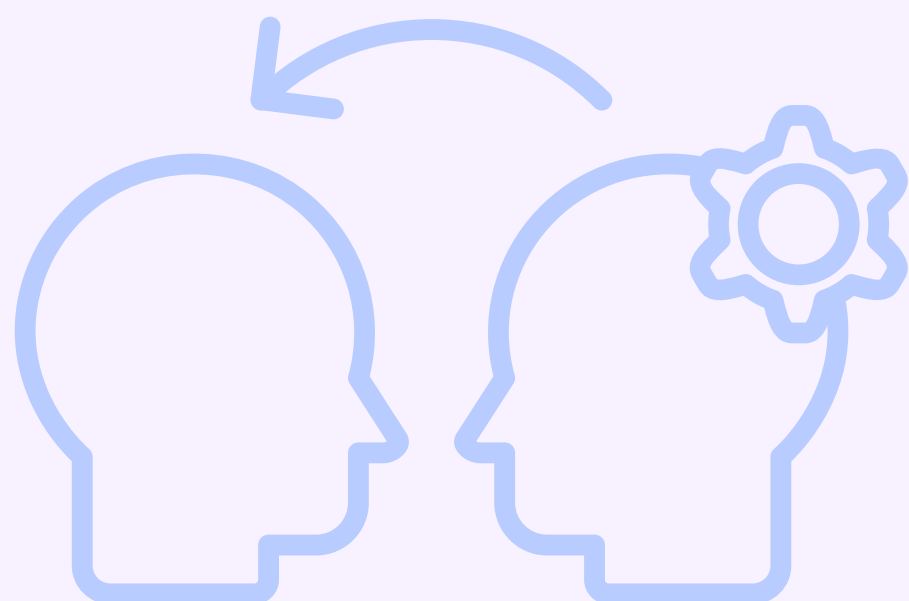
# Health & Wellbeing Coaches

GP not required, if you need:

- help with **self-identified** existing issues and encourage **proactive prevention** of new and existing illnesses
- support with **personal choice** and **positive** risk taking
- support to **develop** the **knowledge, skills** and **confidence** to become active participants in your own care to reach your health and wellbeing goals
- access to **self-management education**, peer support and social prescribing
- multiple sessions for coaching and **motivation** through
- support to identify your needs, set goals and help you implement your **personalised** health and care plan



If a Health & Wellbeing Coach is what you need, head over to the reception and book your appointment **NOW!**



**ASK** your **Health & Wellbeing Coach** about the **Low Impact Chair Exercise Classes** run by them.

**If you have:**

- Low Mobility
  - Aches and pains
- you should join the class, once a week.

LEARN HOW TO WORK OUT TO IMPROVE YOUR MOBILITY AT HOME

## LOW IMPACT CHAIR EXERCISES

THE AIM OF THIS COURSE IS TO STAY STRONG, HEALTHY AND MOBILE CREATING BOTH PHYSICAL AND MENTAL EMPOWERMENT!

**HOW TO SIGN-UP?**

Scan our barcode or Contact your GP Practice

or Send an email to [loxfordpcn.careco@nhs.net](mailto:loxfordpcn.careco@nhs.net) with:

- Patient's name
- Practice name
- NHS number
- Contact number

**FOR ANYONE** **TUESDAY'S 14:00 - 15:00** **ONLINE - ZOOM**

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