

LivingWell

Start changing your life today!

We may have asked you to visit this page or you may have just stumbled across it. Either way we are pleased you are here.

Do you want to feel better about life, starting with your health and wellbeing?
Feel like there are too many things to change at once?

If you'd like to change any of the following then **LivingWell** is a service perfect for you!

- Low mood
- Weight
- Getting more active
- Quit smoking
- Reducing alcohol intake

LivingWell delivers services across the Rochdale borough and all the services are free to use.

LivingWell helps you take control and create solutions for your daily life, helping you toward a happier, healthier life.

The **LivingWell** coaches can work with you on a one to one basis or in a group and can support you for up to a year.

More Information

For more information about any of the services that **LivingWell** provide please call **01706 751 190** or visit www.rochdale.gov.uk/health_and_wellbeing.aspx