

## We help you live fuller, healthier, happier and longer lives



Wellbeing  
Advisor

Our Wellbeing Advisors  
can support you to:

- Improve how you feel about yourself
- Improve your physical and mental health
- Eat well and exercise
- Stop smoking and reduce your alcohol intake
- Follow a healthier lifestyle, helping you to make small changes that will make a big difference to you
- Reduce loneliness or isolation by giving you access to social groups or other activities
- Access other services like debt advice, sexual health or drug services
- You can refer yourself by going to [www.buzzmanchester.co.uk/refer](http://www.buzzmanchester.co.uk/refer)

We will be here:

