

Are you struggling to manage living with a health condition? Is it getting in the way of your life?

I'd like to...

Assess my support needs

Find support groups

Gain confidence

Manage my pain and fatigue

Make lifestyle choices

Access useful local services

Find relevant information

Our health coaches provide non-clinical personal support to help you get to grips with your health and wellbeing.

To find out more, call us on
0303 303 0153
Or email: info@myhealthdorset.org.uk
to see what could work for you
www.myhealthdorset.org.uk



A **FREE** service delivered by the MyHealth Dorset Partnership for the NHS in Dorset.

