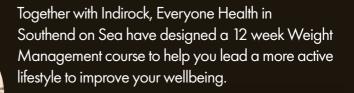


## it's time to... **eat well, move more** and **scale new heights**

### Our new wellbeing referral programme can help you reach your peak





everyone health

# it's time to... shift it!..

Everyone health will provide the behaviour change and nutritional foundations, and work in partnership with Indirock, who will provide the physical activity element of the programme.

#### Who is the programme for?

- Adults, aged 16 and over, who have one or more long term health conditions.
- And or, those that have a BMI of 30 and above.
- And or, those that are BMI of 27.5 ethic minority and above.

#### Where and how will the programme be delivered?

- At Indirock, who are based in the town centre, who provide bouldering walls at their venue, as well as social space and a cafeteria.
- After an initial assessment with a specialist from Everyone Health and you will be booked onto the next available course, consisting of 12 weekly sessions.
- At the end of the course, we will support you, so you are able to continue to lead a more active lifestyle and also follow up at 6 months and 12 months after the course completion.

#### Cost?

• £2 per person, per session.

#### What do I do now?

To refer others, or yourself to this FREE service, please get in touch with us.

Visit: everyonehealth.co.uk Email: eh.southend@nhs.net Text: ShiftIt to 60777 Tel: 0333 005 0095





because everyone matter