

# Do you want better health?

Talk to our Health Coach today

We can help you meet your health goals

## We can:

- » work with you to improve your eating habits and get more active
- » help you understand your medicines and show you how to take them safely

## We can teach you how to live well with:

- » Diabetes
- » Asthma
- » Gout
- » high cholesterol
- » high blood pressure
- » low blood pressure

We hold group sessions here - ask us about them



## We can also help with:

- » improving your sleep
- » positive parenting
- » tips for managing stress and emotions
- » getting help from others who can help you with quitting smoking, housing, food or social connection

We can see you today - it doesn't take long and it's easy!

Talk to your practice team about making an appointment



Canterbury  
Te Tumu Waiora  
to head towards wellness