

One You Walsall

Work Place Team (Organisations)

Our team delivers **Virtual Health Assessments** and **workshops** for workplaces in Walsall. Can also support the business to achieve **Thrive at Work accreditation**.

Email: **walsallworkplacehealth@mytimeactive.co.uk**

Health Chats (Organisations)

We offer a **Free Virtual Health Chats Training** with **RSPH qualification** to help you become a health chatter. You will learn how to have a brief but effective chat to support people with making lifestyle changes.

Love Food, Enjoy Life (Live Cooking)

A free four week **Healthy Cooking Workshop programme on Zoom** aimed at preventing heart disease. Includes 1 workshop on shopping on a budget. **Vouchers for groceries included.**

Super Wiggles (Families)

Join our **Free 6 week Virtual Super Wiggles sessions** for families with children aged 2-7 years old and learn more about a healthy lifestyle for the **whole family**.

Facebook – Twitter
@SuperWigglesW

12-week Lifestyle Programme

A free programme for individuals in Walsall looking for support in making healthy lifestyle changes with a **healthy lifestyle specialist, Zoom exercise classes and Zoom workshops on lifestyle**.

Facebook-Instagram:
@OneYouWalsall

Phone: **01922 444044**
Email: **oneyou.walsall@nhs.net**