

Working to improve access to wellbeing support for pharmacy staff and their families











Humber Teaching



Service





Looking to improve your health and wellbeing THIS NEW YEAR?

Vellbeing

Book in today for your FREE new year Boditrax assessment open to all pharmacy staff AND your family!

What does a Boditrax assessment include?

- **BMI**
- **Blood Pressure check**
- Fat, muscle and bone percentage and mass
- Goals/training discussions
- 1-1 Support

To organise your appointment contact the pharmacy wellbeing service on:

0800 9177752 hnf-tr.healthtrainers@nhs.net www.nhs-health-trainers.co.uk/services/pharmacy-wellbeing-service/