

Hello Pharmacies!

I'm Lydia, your Mental Health and Wellbeing Coach for the Pharmacy Wellbeing Service.

This January I am supporting pharmacies with their weight management campaigns!
I recently visited Superdrug in Beverley Toll Gavel to support with their weight management event.
This included setting up a promotional stall where customers could engage with the NHS YOURhealth service and discuss what we can offer in terms of healthy living and weight management. We offered posters, leaflets and information on how to live a healthier lifestyle.

This is just an example of how the Pharmacy Wellbeing Service can support pharmacies as we know January is a very busy time of the year with supporting everyone with healthier lifestyles!

If you would like the Pharmacy Wellbeing Service to support your pharmacies with promotional events, feel free to contact us:

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[Pharmacy Wellbeing Service - YOURhealth: Delivering positive health outcomes. \(nhs-health-trainers.co.uk\)](http://nhs-health-trainers.co.uk)



Thank You Pharmacies!

Lydia
Mental Health and Wellbeing Coach