



Health and Wellbeing Planner

Do you want to make some positive changes to your life?

There are many areas in life that can affect your health and wellbeing. This includes the lifestyle choices you make as well as other areas such as money, work and social relationships.

You can use the Health and Wellbeing Planner to help you to improve your health and wellbeing by identifying what you want to achieve, what you can do differently to achieve your goal, and what advice, information and support will help you along the way.

To start a Health and Wellbeing plan go to: www.staffordshireconnects.info/plan