

HEALTH AND WELLBEING COACHING

FOR YOUNG PEOPLE 12-19 YRS

Free, confidential, one-to-one support
to talk about your health and wellbeing:

- Explore what is most important to you
- Get active, eat well or protect your emotional wellbeing
- Access information & guidance
- Connect with groups and activities

For young people registered at:

De Beauvoir Surgery
Hoxton Surgery
Lawson Practice
Neaman Practice
Shoreditch Park Surgery

Contact Alice:

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**Shoreditch
Trust**

Our vision for Hackney is a society where
we support each other to flourish — socially,
economically, in our health and in our wellbeing.
www.shoreditchtrust.org.uk

