

Do you want to feel better?

**Are you 30-74 and
have one or more
of these long-term
health conditions?**

- Chronic breathing difficulties (COPD) or Asthma
- Diabetes (Type 1 or Type 2)
- Heart Disease
- Epilepsy
- Thinning of the bones (osteoporosis)
- Any of the above with depression and/or anxiety

**Ways to Wellness is
here to support you!**

This service is for **people in Newcastle*** whose daily lives are **affected by these long-term health conditions**. We can add to the medical support you receive to help you **feel more confident** in **managing your condition** and making **positive lifestyle choices!**

How to contact us

To check if you're eligible **please approach your local GP** or go to **www.waystowellness.org.uk**

Phone: [0191 208 6555](tel:01912086555)

Email: info@waystowellness.org.uk