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SUPPORT SERVICE
HAMPSHIRE & ISLE OF WIGHT



Hampshire and Isle of Wight

Start a healthier lifestyle today!

Get one-to-one support from the Health and Wellbeing Support Service

Available for all NHS and Primary Care colleagues in Hampshire and Isle of Wight. It's free, confidential, non-judgemental and provides personalised wellbeing support to help you on your journey towards a healthier, happier you.

Get support with:



Weight management



Sleep



Fitness



Stress



Menopause



Nutrition and much more!



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Email: HWSS@hhft.nhs.uk

Visit: www.hiowpeople.nhs.uk/ccs/hiow

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