

READY TO CHANGE YOUR WELLBEING ROUTINE?

Join Enfield Wellbeing Network and become a healthier you!

**START WORKING TOWARDS THE HEALTH GOALS
THAT YOU'VE ALWAYS WANTED.**

Work with our Health & Wellbeing practitioners to create a plan; learn how to self-manage, and get the support you need to manage your health your way. Our volunteers will also help to keep you on track...

WHO CAN JOIN?



Any Enfield resident over 18 and not receiving care through Enfield Council is eligible, please enquire by emailing or calling us.

Everyone is welcome, especially if you are open to managing your own health and wellbeing. If you need a bit of support we are here for you.

INFO@ENFIELDWELLBEINGNETWORK.ORG.UK
020 3827 2840

MAKE PLANS THAT FIT YOUR LIFE

Let's start getting healthy together

IT'S FREE TO JOIN

Wellbeing Empowerment:

Build your confidence by learning how to manage your health and possibly prevent new conditions.



All activities are based in Enfield and could include any of these (and more):

- self-care management tools and techniques
- health awareness including mental health
- movement and exercise
- diet and nutrition
- support for carers
- mindfulness

Ask us how we can help you today:

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Enfield Wellbeing Network is an Enfield Council funded initiative with Enfield Voluntary Action as strategic lead and delivered by; Mind Enfield and Barnet, Enfield Carers Centre, Age UK Enfield