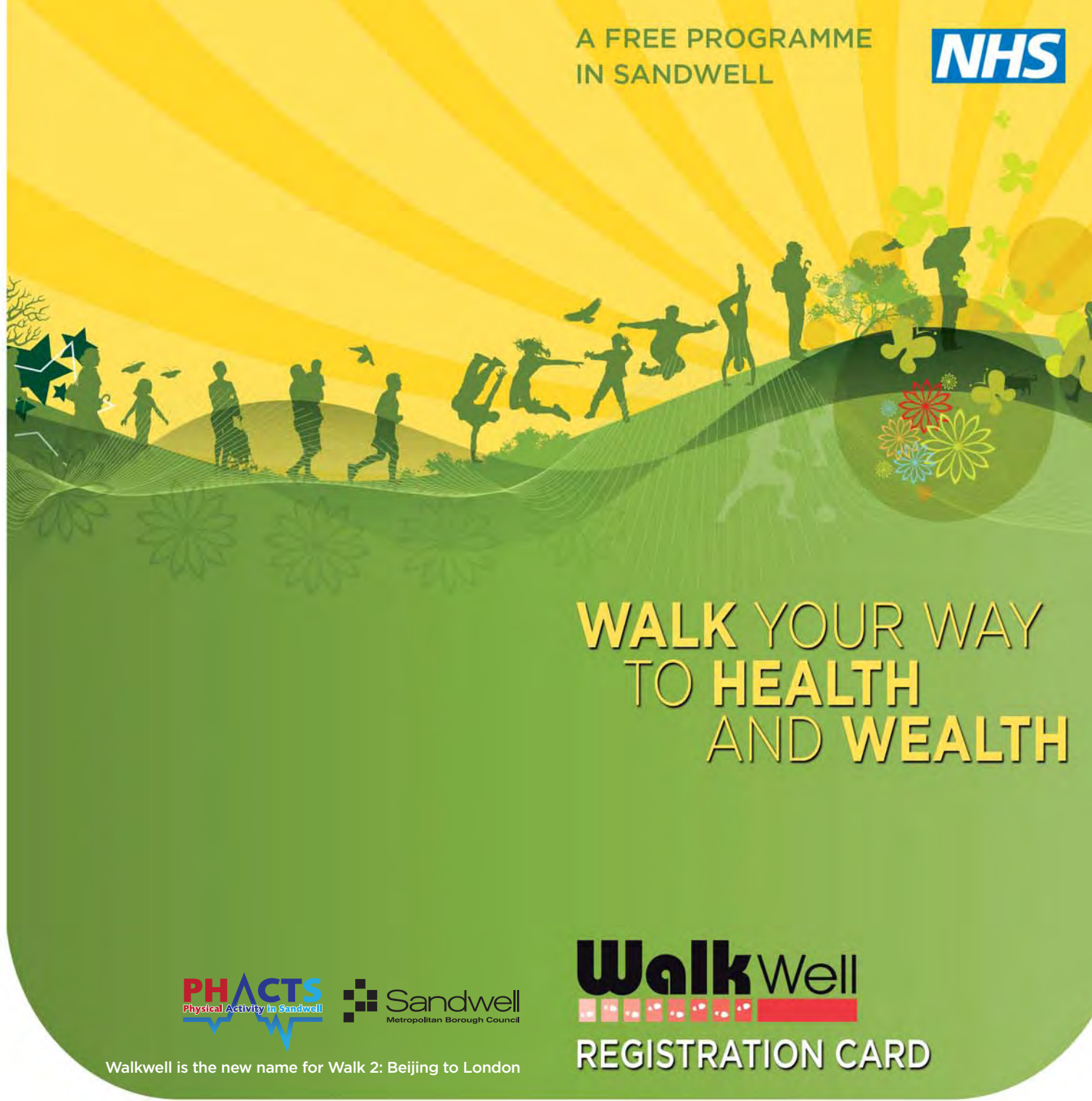


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Sandwell Health and Wellbeing Unit
Kingston House
438 High Street
West Bromwich
B70 9LD



A FREE PROGRAMME
IN SANDWELL



WALK YOUR WAY TO HEALTH AND WEALTH



REGISTRATION CARD

Walkwell is the new name for Walk 2: Beijing to London

SIGN UP HERE OR CALL
0800 011 4656

WalkWell

At your appointment a Health Assessor will take you;

- 1 Blood Pressure
- 2 Height & Weight
- 3 Waist Measurement
- 4 Answers to a Wellbeing Questionnaire

And give you;

- 1 A step counter
- 2 A card to record your steps
- 3 Healthy Lifestyle advice

At your second assessment 3 months later we will take the measurements again. You will be rewarded with up to £40.00 worth of Gift Vouchers depending on the level of improvement you make.

We will send you;

- 1 Your vouchers
- 2 A letter detailing your personal achievements and how many miles you have walked*

*subject to receipt of completed step card

HOW DOES IT WORK?

Walkwell is an exciting service run by Sandwell Health and Wellbeing Unit

Do you want to look after your health by being more active and making healthy lifestyle choices? We are here to help.

Why not take part and see how you get on!

To take part you need to be 16 or over and live in Sandwell, have a Sandwell GP, or work/study in Sandwell.

*Rewards may vary and are contingent on a health improvement. "Improvement" is defined as a measurable change above a set minimum level, in a positive direction on health measures. Rewards may vary dependent on progress.

SIGN UP HERE!

IF YOU WOULD LIKE TO TAKE PART IN

WalkWell

Please complete your details below:
PLEASE USE BLOCK CAPITALS

Full Name: _____

Surname: _____

Address: _____

_____ Post Code: _____

Contact Numbers:

Daytime No: _____

Mobile: _____

We may send an SMS to contact you regarding your appointment. This number will only be used for the purposes of contacting you regarding Walkwell and will not be passed on to any other parties. Please tick this box if you do **NOT** wish to be contacted by text message.

Please Tick

I live in Sandwell I have a Sandwell GP

I work in Sandwell study in Sandwell

Address and postcode of either GP, Workplace or College

_____ Post Code: _____

<input type="checkbox"/>	Oldbury	Sainsbury's Sava Centre	Saturdays	10:00 - 16:00
<input type="checkbox"/>	Wednesbury	The Wesley Centre	Mondays	09:00 - 16:30
<input type="checkbox"/>	Smethwick	Thimblemill Library	Mondays	09:30 - 18:00
<input type="checkbox"/>	West Bromwich	YMCA	Mondays	13:00 - 18:30
<input type="checkbox"/>	Oldbury	Sainsbury's Sava Centre	Tuesday	16:00 - 20:30
<input type="checkbox"/>	Smethwick	Tesco Metro	Tuesdays	10:30 - 17:30
<input type="checkbox"/>	Tipton	Tipton Christian Church	Wednesday	11:00 - 19:00
<input type="checkbox"/>	Oldbury	Sainsbury's Sava Centre	Wednesday	12:00 - 20:30
<input type="checkbox"/>	Friar Park	Millennium Centre	Wednesday	14:00 - 19:30
<input type="checkbox"/>	Tipton	Tipton Sports Academy	Thursday	12:00 - 18:30
<input type="checkbox"/>	West Bromwich	Central Library	Friday	10:00 - 18:00
<input type="checkbox"/>	Cradley Heath	Salvation Army	Friday	09:30 - 16:00

I would prefer an appointment between _____ am / pm and _____ am / pm.
(Please leave blank if you have no preferences)

Venues and times can be subject to change.
Please contact **0800 011 46 56** for up to date information.