

# Health & Well Being Day 'Workwell the Walton Way'

Monday 21st March 2011 in Sutcliffe Kerr  
Library - Drop in Sessions from 10:00 - 4:00

Health promotion  
Health Assessments  
Weight Management  
Smoking Cessation

Advice & Guidance available on site from -

South Sefton PCT



David Lloyd



Total Fitness - Aintree



Hands on Healing - Rainhill



Health, Work & Wellbeing Centre  
Aintree University NHS  
Foundation Trust

**WEIGHT MANAGEMENT TASTER SESSION - TO  
REGISTER FOR THIS OR ANY OTHER SESSION,  
E-MAIL**

**[Joanne.Twist@thewaltoncentre.nhs.uk](mailto:Joanne.Twist@thewaltoncentre.nhs.uk)**

**We are attempting to acquire free passes and freebies on the day!**