

Healthy You

Launched in January 2022

Would you like support to improve your health and wellbeing?

As part of our commitment to staff wellbeing we are pleased to introduce our 'Healthy you' programme.

Participants will receive:

- Access to a wellbeing nurse appointment
- Access to a 12 week personalised programme facilitated by the Oasis team
- Dedicated 1:1 exercise support or guidance
- Priority access to group exercise classes
- Regular support and follow up along the way
- Advice on making healthy lifestyle choices
- Regular weight monitoring/dietician referral as required



For more information and to express your interest,
please email Being.Well@porthosp.nhs.uk