

Are you

*Experiencing mental health difficulties?
Living with a long term health condition?
A carer?*

Do you feel

*Lonely?
Isolated?*

Do you want to

*Get out more?
Be more active?
Feel better?*

We may be able to help!



Community Health Matters is a HealthyValleys project which aims to help you improve your health and wellbeing by connecting or re-connecting with your community, getting you out and about and enjoying what life has to offer locally.

To find out more,

Call

Healthy Valleys on 01555 880666. Ask for Wendy, Margaret or Mary

Visit

Community Hub Drop In, Douglas
Community Hub Drop In, Coalburn
www.healthyvalleys.org.uk
Facebook: Healthy Valleys

Ask

Your GP for more information



Community Health Matters