



HEALTHY YEARS AHEAD

A lifestyle programme that promotes **better physical and mental health** for **adults aged 40+ in Walsall.**



We can help you improve your health and reduce the risk of developing chronic health conditions in later life

Our local, tailored support can help you to recognise and address any physical and mental wellbeing problems you would like to improve.

Small steps can make big changes in your daily life!

GET IN TOUCH TODAY!

Call us on **01922 638825** or email

healthyearsahead@greensquareaccord.co.uk



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