

## Join the Community Health Champion network

and share a monthly health message
with people you know and care about.
You will help raise awareness of a different
wellbeing topic every month, including
how to access services and ways to be healthier.

Do you have a group of people you could share information ... family, friends, neighbours, colleagues, a social group, club, community organisation or place of worship?

Training, information and support is provided for volunteers who want to help support the wellbeing of our community in West Northants.



For further information please contact:
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