



Warrington Living Well Hub

Connecting people, places and resources to support people to **Live Well** in Warrington.

The Living Well Hub is a health and wellbeing facility to enable people to support themselves to live well and independently for longer, by supporting early identification, early intervention and therefore ill-health prevention. Each day has a different focus, with a range of services available throughout the day.

Drop in for free confidential information and support.

General opening: Monday to Friday, 9am to 5pm.

Monday and Wednesday: Open till 8pm. Please see timetable for further information.

Closed: Thursday from 1pm, weekends and bank holidays.

In partnership with



WARRINGTON
Borough Council

Monday Morning Focus – Healthy Lifestyles

Advice on healthy lifestyles, stop smoking, weight management, alcohol and substance misuse, mental health, cancer support, benefits, work and pensions.

Monday Afternoon Focus – Women’s Health

Support for menopause, domestic abuse, isolation, cancer, social issues.

Tuesday All Day Focus – Dementia and Aging Well Adults

Advice on healthy lifestyles, driving, unpaid carers, benefits, dementia.

Wednesday All-Day Focus – Families and Children

Advice and support for families with babies and young children from pregnancy to the early years.

Thursday Morning Focus – Falls and Aging Well Adults

Advice on a healthy lifestyle to become stronger to help prevent falls. Aids and adaptations and cancer support.

Friday All Day Focus – Families and Children

Advice and support for families with babies and young children from pregnancy to the early years.

Please call in for further support and information.

The Living Well Hub, Warrington

26-30 Horsemarket Street, Warrington, WA1 1XL.

Further information:

www.warrington.gov.uk/living-well-hub

