

HALTON
TRAVEL
WELL

Wellbeing[®]
enterprises

Active Travel for Better Wellbeing



We can help you to improve
your wellbeing today:

Call us: 01928 589 799

Email: info@wellbeingenterprises.org.uk



METROMAYOR
LIVERPOOL CITY REGION

NHS
Warrington and Halton
Teaching Hospitals
NHS Foundation Trust



Our team of Travel Well Link Workers can help you to:

- 1 Develop a Personal Wellbeing Plan
- 2 Build active travel into your daily routine
- 3 Overcome any challenges you may have

The benefits include:

- + Better physical and mental health
- ▲ Learn new skills
- Protect the local environment

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