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Themes: Health and Wellbeing, Healthier Lives, Mental Health, Public Sector Services

Aimed at: All People

PALS (Physical Activity and Lifestyle Support) is a programme aimed at changing behaviours and finding solutions to help people face their daily challenges which will allow them to concentrate more on their health and wellbeing.

Area: Bolsover

Contact Details

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<https://bolsover.gov.uk/h/186-healthy-living/231-pals>

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