



## Health Trainers

Wakefield District   
Primary Care Trust

**Alan Gooding – 07900 057196**  
**Rita Gooding - 07900 053581**

[healthtrainers@wdpct.nhs.uk](mailto:healthtrainers@wdpct.nhs.uk)

### WAKEFIELD DISTRICT HEALTH TRAINERS

- Looking to become healthier
- Want to get fitter
- Looking to change your lifestyle
- Do you lack motivation
- Don't know where to start

Health trainer could be what you are looking for. Health Trainer is a free service, working with 16 years and above with individuals on a one to one basis in their local community. Health Trainers will motivate, encourage and direct individuals to the right places as well as setting individual goals with them. Usually people have already decided that they want to make changes. To find out more, arrange a meeting with your local Health Trainer or to make a referral please contact 01977 665717.

### **South Pontefract Health Trainers are:**

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