



LiveWell Dorset is a free service for people living in Bournemouth, Poole and Dorset to access health and wellbeing information, advice, support and referrals into stopping smoking, physical activity, weight management and alcohol reduction.

Our team of specially trained wellness advisors will assess each person over the phone and provide brief interventions designed to support healthy behaviour choices. Where required, we will offer a programme of support to help people make and sustain changes to their lifestyle.



Call LiveWell Dorset Today
Freephone 0800 8401628 / Local Number 01305 233105