

[Back to listing](#)

**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

[enquiries@bolsover.gov.uk](mailto:enquiries@bolsover.gov.uk)

01246 242424

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

[Back to Listing](#)