

# Who are Lifelong Health and what do we do?

Hi, I'm Sian!

At Lifelong Health, we believe **prevention and promotion of good health is essential** to live longer, healthier lives. Our aim is to empower individuals, schools and communities with the knowledge and positive mindset to take the steps to improve their own individual health and mental well-being.

Professionally, I am a qualified nurse of almost 20 years. I have studied and practised under many specialties in acute, intensive emergency nursing and community medicine. I often saw the consequences of living an unhealthy lifestyle in a very serious way.

I believe in the philosophy of making every contact count (MECC) which is an approach to behaviour change that utilises the millions of day to day interactions that people have with other people to encourage changes in behaviour that have a positive effect on the health and well-being of individuals, communities and populations.

I created Lifelong Health to take this philosophy further and help individuals throughout the wider community explore ways in which they can make healthier lifestyle choices to promote good physical and mindful health.

At Lifelong Health, we provide a vast range of services to schools, communities and businesses to help empower the individuals within them to live healthier lives. These services include the importance of exercise, healthy eating, health check-ups, mindfulness and stress resilience coaching and much more.

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