

## To help you maintain and improve your physical health take a look at our video.

We're delighted to have worked together with Carl Laidler, Director of Wellbeing at OcchealthNow Ltd to bring you this physical health webinar.

Click <u>here</u> to watch the video

Listening to this webinar will provide you with tips on how to look after your physical health including daily nutrition and a balanced healthy diet, exercise and rules to keep us on track.

For more information about the products and services available from Police Mutual:

Call us 0151 242 7640 Visit policemutual.co.uk We're open from 9am - 5pm Mon - Fri

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