

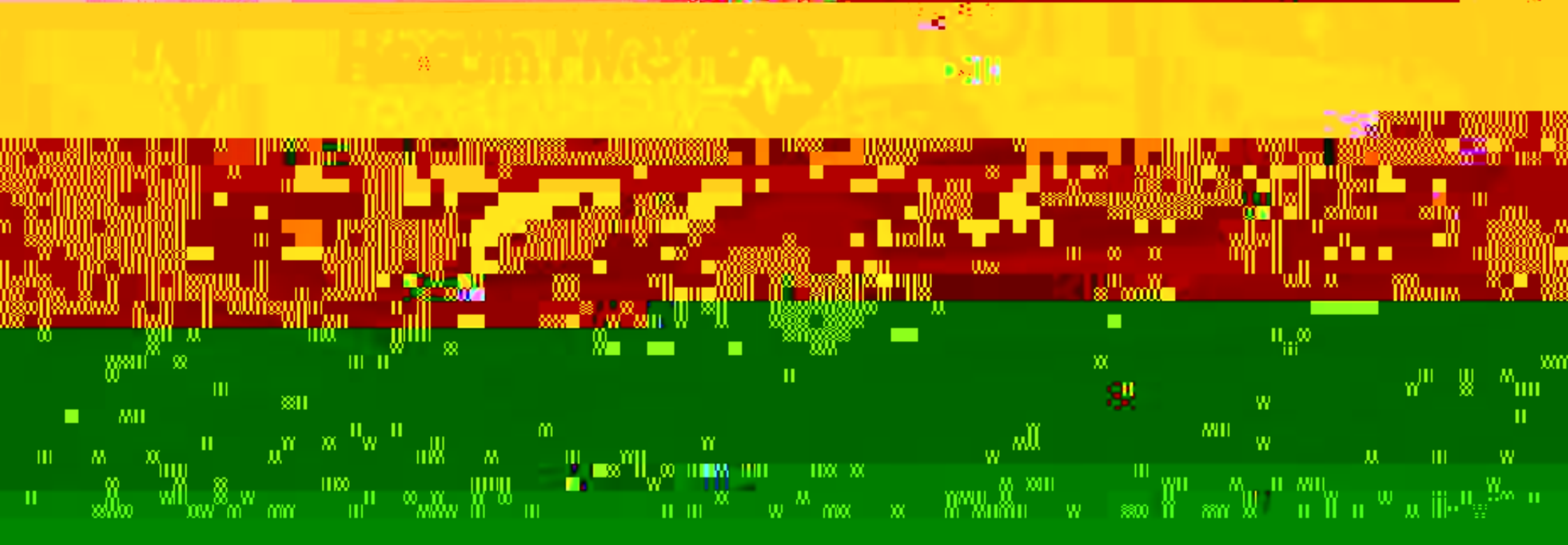




Handwritten musical notation on a page with a large blank margin on the right. The notation consists of several staves of music, each beginning with a treble clef. The notes are written in a dense, cursive style, with many beamed notes and stems. The page is otherwise blank, with no text or other markings.

# Health MOT Roadshows

Health MOT Roadshows are a series of events designed to help you understand your health and what you can do to improve it. They are held in a variety of locations, including community centres, libraries, and health centres. The roadshows are free of charge and are open to all. They provide an opportunity for you to meet with health professionals, such as nurses, dietitians, and physiotherapists, who will provide you with information and advice on a range of health issues. The roadshows also provide a chance for you to ask questions and get your concerns addressed. The roadshows are held on a regular basis and are a valuable resource for anyone who is interested in improving their health.







# Features:

## Wellbeing Metrics

Placeholder text for Wellbeing Metrics section.

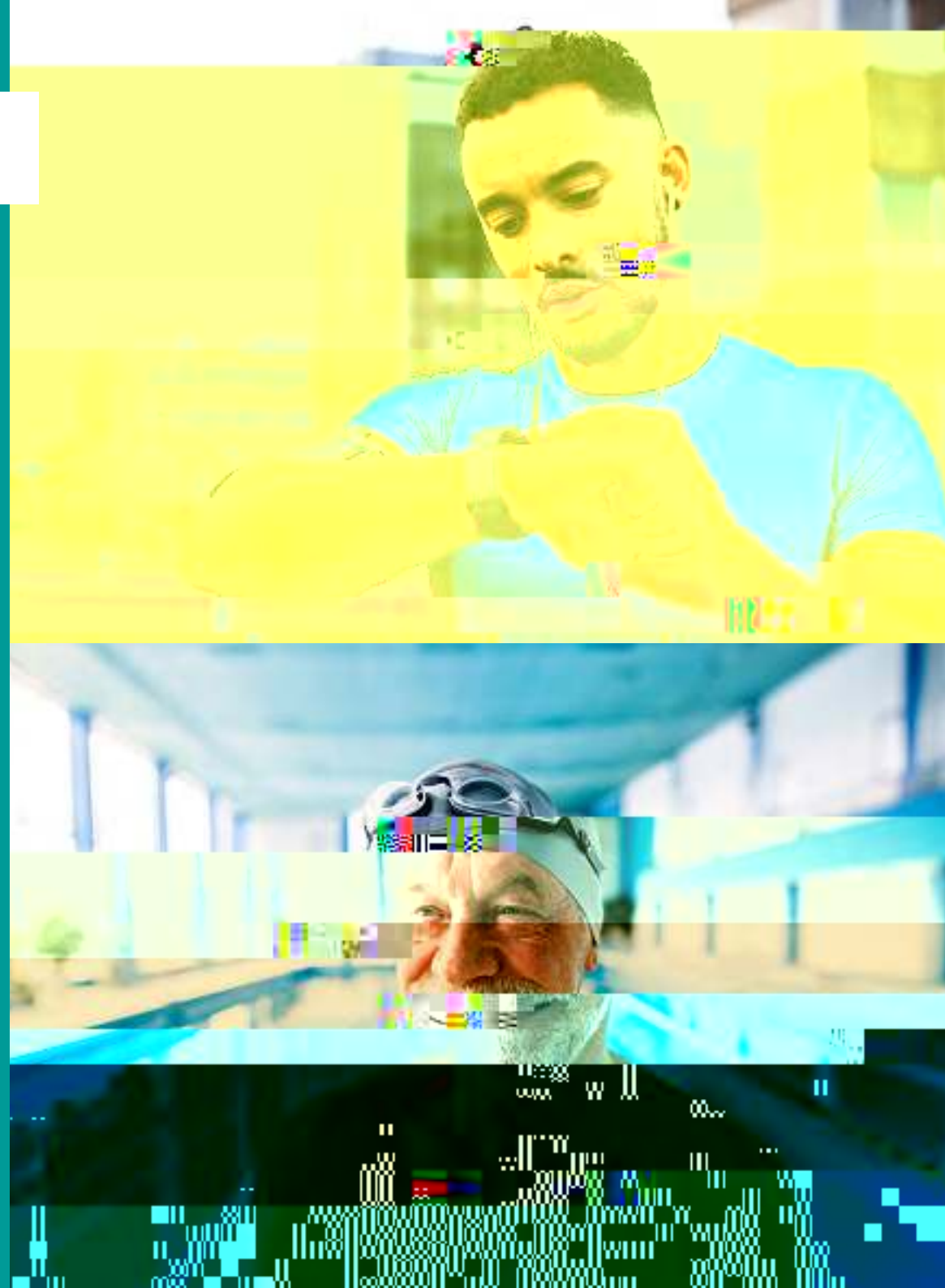
## Challenges

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## Teams

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**Step  
By Digital Wellbeing  
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