



Would you like to improve your health?

Welcome to the Health Centre!

1177
VÅRDGUIDEN

 Region
Västmanland



Jonas Bilberg



The Health Centre – a step on the way to healthier habits

At the Health Centre (hälsocenter) you will meet health counsellors who strive to promote health.

If you want to improve your health by acquiring new, healthy habits, we will give you support and guidance based on your strengths and opportunities.

We offer support relating to:

Physical activity
Eating habits
Stress management
Sleep
Tobacco
Alcohol



Health guidance

You may receive individual coaching or join group activities.

- For registered residents of Västmanland who are 16 or older
- Free of charge
(the regular patient's fee is charged for help to stop using tobacco)
- Come on your own initiative or with a referral from the health services
- If you prefer digital communication, you can see us in your mobile or tablet

To receive more information or make an appointment:

visit [1177.se](https://www.1177.se), search for "Hälsocenter"

call 021-17 64 00, select the option for your local centre



Fagersta Health Centre

Västmanland Hospital at Fagersta

KAK* Health Centre

Västmanland Hospital at Köping

Sala Health Centre

Västmanland Hospital at Sala

Västerås Health Centre

Pilgatan 8c, Västerås

We are present in all municipalities
of Västmanland County.

021 - 17 64 00

*Köping, Arboga, Kungsör

Follow us on Facebook

- Search for "Hälsocentrum"