

# R Markdown exercise

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## Programme Options

- Health Coaching
- Weight Management
- Exercise referral

5+5

## [1] 10

## Process of referral

1. Go to the Wellbeing Service website at <https://refreshbwd.com/>
2. Find the referral form under the **Wellbeing Support** menu, then click the **Wellbeing Service** tile
3. Click the **Wellbeing Service Referral Form** button
4. Complete the referral form
5. One of our friendly Hub Advisers will contact you within 5 working days

20\*5

## [1] 100