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](https://refreshbwd.com/)
2. Find the referral form under the **Wellbeing Support** menu, then click the **Wellbeing Service** tile
3. Clieck 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