

# Healthy Lifestyle Service

Your Kickstart to Change!

Do you want to live a healthier lifestyle?  
We can help you!



Want to cut down on drinking alcohol?



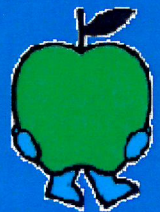
Want to quit smoking??



Want to lose weight?



Want to be more active?



Want to eat healthily?

To book an appointment please call:  
Freephone 0800 169 4219

## What can we offer?

- 1:1 intervention with a Healthy Lifestyle Practitioner
- Free advice and structured support for up to 12 weeks
- Free resources to help you to make positive changes
- Discounted gym membership —3 months for £5