

FREE healthy lifestyle support



Our **FREE** services include

- Adult Weight Management
- NHS Health Checks
- Health Trainers
- Stop Smoking Services
- Falls Prevention
- Carer Health Trainer
- Alcohol Reduction Health Trainer
- Eastern European Health Trainer
- Mental Health, Health Trainer

Healthy You is a free service for Cambridgeshire and Peterborough residents who are looking to make changes to their lifestyle.

So, whether you want help to stop smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks we offer, we can help every step of the way.

For more information or to sign up to one of our services

Email: healthyyou@healthyyou.org.uk or

Text: **HEALTHYU** to **60777** or

Visit: www.healthyyou.org.uk or

Call: **0333 005 0093**



Healthy You