FREE Health MOT's...

Health MOT's allow you to keep a regular check on your Blood Pressure and weight, ask any questions and receive advice about developing healthier habits around healthy eating, exercise, stop smoking and reducing alcohol intake. Our practitioners can also refer you to our free services to get support with any changes you choose to make.

Free to everyone in Cambridgeshire and Peterborough over the age of 16 and takes just 15 minutes, this service is available in community venues, Healthy You can also bring it to your workplace

To book your **FREE Health MOT** appointment:

Text: **HEALTHYU** to **60777** or Call: **0333 005 0093**

Email: **healthyyou@healthyyou.org.uk**

or Visit: **healthyyou.org.uk**

Healthy You