

# FREE healthy lifestyle support



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.

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

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

Email: [healthyyou@healthyyou.org.uk](mailto:healthyyou@healthyyou.org.uk) or

Text: **HEALTHYU to 60777** or

Visit: [www.healthyyou.org.uk](http://www.healthyyou.org.uk) or

Call: **0333 005 0093**



Healthy You