

Our **Healthy Lifestyles Advisors** are here to support you to:



Get Active



Eat Well



Lose Weight



Stop Smoking

Our friendly team will work together with you for 12 weeks to find ways you can reach your healthy lifestyles goals.



Support is free and focussed on your individual needs. We will listen to any concerns you might have and won't judge you, we are here to help! This can be 1-1, in a group, face-to-face, over the phone or a video call.

If you live in North Somerset and would like support to improve your health by changing your habits and behaviours for the long term complete our Health MOT at **www.betterhealthns.co.uk** to check if you are eligible.

If you are eligible for our support, and choose to register, we'll get in touch and start working together to achieve your healthy lifestyle goals.

Call: 01934 427 661

Email: healthylifestyles@n-somerset.gov.uk

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