



# Do you feel you need **Support** with improving your health?

Health Trainers can help...

- Support with lifestyle issues; healthy eating, weight management, fitness, giving up smoking, reducing alcohol consumption, safer sex guidance, stress and anxiety reduction.
- Plan a six session programme with you to suit your needs.
- Help you to stay on track.
- Sessions held locally.
- **FREE** service available to anyone over the age of 16 years.

*You have nothing to lose and everything to gain!*

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