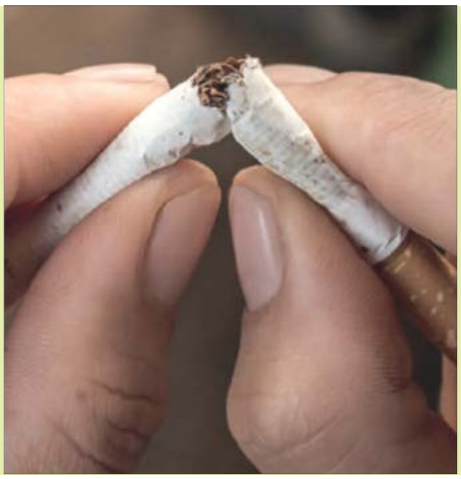
WANT TO FEEL HEALTHIER & HAPPIER?

Onside Lifestyle Advisors can help you do just that

- Healthy eating & weight management
- Stop smoking
- Reduce alcohol use
- Become more physically active
- Improve wellbeing



We will provide the support you need to make the SMALL changes in your life that can make a BIG difference.

Free one to one/group support for anyone 16+ to make positive lifestyle changes and help you achieve your health goals.

Our practical tips, advice and support will help you to make changes that last.

We will work closely with you to understand what works for you and help you to live a healthier life.

If you think an **Onside Lifestyle Advisor** can help you, talk to **your GP reception team** or fill in a **self-referral form on our website**

To download a referral form or for more information visit

www.onside-advocacy.org.uk

WANT TO FEEL HEALTHIER & HAPPIER?

Staying healthy is important for everyone

Eating healthily, exercising more and managing your stress can significantly improve your mental and physical health.

Small lifestyle changes will reduce your risk of developing chronic conditions like heart disease, diabetes and cancer.

Onside's trained and experienced Lifestyle Advisors are friendly, understanding and non-judgemental.

They will listen and give you the time you need to discuss issues that are important to you.

Lifestyle Advisors

- Offer information, advice and support
- Link you to people with similar goals
- Connect you to activities in your community
- Help you understand health messages
- Support you to make changes that stick

HELPING YOU TO FEEL BETTER

☎ 01905 27525

@Onsidelifestyle

www.onside-advocacy.org.uk

Lifestyle Advisor Service WORCESTERSHIRE

NHS

ONSIDE
PASSIONATE ABOUT EQUALITY
Charity no: 1102022

worcestershire county council