

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

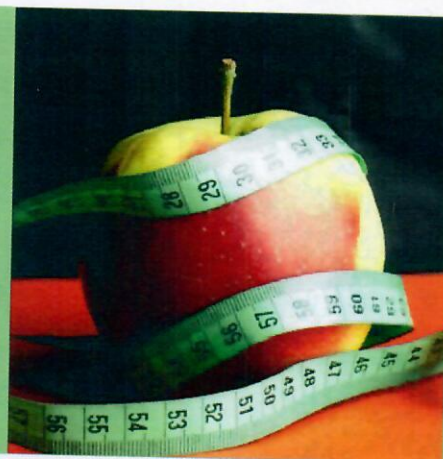


We will provide the support you need to make the **SMALL** changes in your life that can make a **BIG** difference.

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