

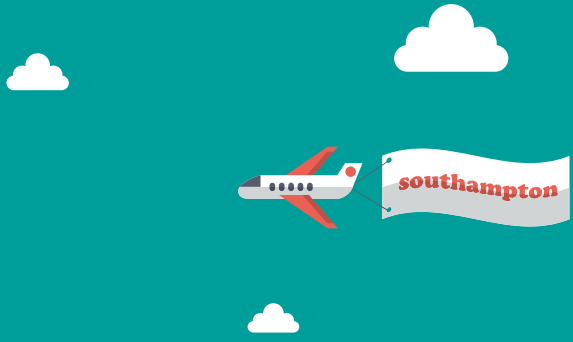
**Don't just take it from us,
our team have helped:**

"my new goals have turned my day
to day life around" Wendy, 42

"I feel very positive about myself,
without any drastic measures.
Onwards and upwards for me now,
but down in weight of course!"
Philip, 55

"I was amazed that I actually lost
one stone even whilst giving up
smoking" Rick, 42

"the sessions weren't a lecture, but
were fun, refreshing and reassuring"
Hannah, 35



Southampton Healthy Living

Improving health
and wellbeing of
communities across
Southampton



HOW TO CONTACT US

You can get in touch with us online at
southamptonhealthyliving.org.uk

Or you can call us on
0300 123 3791

 @SOHealthyLiving

 /SouthamptonHealthyLiving

Southampton Healthy Living is delivered in partnership:



SOUTHAMPTON HEALTHY LIVING

Southampton Healthy Living is here to help inspire and support people living in Southampton to find ways to feel healthier, fitter and have more energy.

HOW CAN WE HELP YOU?

Sometimes we've been thinking about making a change to the things we do for a while but we don't know where to start.

Sometimes we're worried about what other people may think when we do make changes.

We can offer support with

- losing weight
- stopping smoking
- eating healthier meals
- becoming more physically active
- cutting down the amount of alcohol we drink

We're a team with a great deal of experience in working with people across Southampton.

We've come together to share our knowledge and experiences of working in our city to provide the best support and encouragement that we can.

We're also here to help you and your friends make changes together, from losing weight to trying a new exercise programme or something else to help you feel good about yourself.



WE CAN OFFER DIFFERENT KINDS OF SUPPORT:



You can use our online tools to make changes at home



You can speak to one of our trained team



You can meet with others in the same situation



You can get support by email or telephone

Take the first step to changing your health by answering a few questions.

Do you live in Southampton

What would help you live a healthier life?

- Losing weight
- Stopping smoking
- Reducing the amount of alcohol I regularly drink
- Being more active
- Finding a physical activity I feel happy doing
- Having a health check to see how I'm doing
- Finding small changes that me and my family can do everyday

If you've ticked one or more box then call us on 0300 123 3791 to speak to one of our team.