



**Health Trainers**

Supporting healthy lifestyles

**NHS**  
**Dudley**

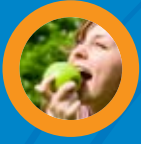


Thinking about  
a healthier  
lifestyle?

Get free support from  
**Dudley Health Trainers**

**Do you want to:**

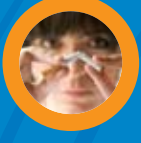
**NHS**  
**Dudley**



Eat healthily?



Be more active?



Stop smoking?



Lose weight?



Drink sensibly?



**Whatever health changes you are planning to make, talking to a Health Trainer could be just the thing you need to get you started.**

Based in your local area, Health Trainers are local people that can support you to lead a healthier lifestyle and they offer:

- **A personal health plan**
- **Healthy lifestyle advice and guidance**
- **Support to achieve your goal**
- **Appointments at a time and place to suit you**

**For more information or to book an appointment**



[www.dudley.nhs.uk/healthtrainers](http://www.dudley.nhs.uk/healthtrainers)



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