

# HEALTH TRAINERS



**Helping you to live healthier and happier**

**Tel: 0121 456 7821**

**Email: [sbpcthealthtrainers.nhs.net](mailto:sbpcthealthtrainers.nhs.net)**

**[www.gatewayfs.org](http://www.gatewayfs.org)**



**Are you over 16?...**  
**Do you want to....**

- Eat more healthily?**
- Manage your weight?**
- Be more active?**
- Stop/Reduce smoking?**
- Reduce your alcohol intake?**
- Improve your Wellbeing?**

**What we can offer:**

**Up to 6 FREE Advice & Support sessions with your own Health Trainer**

**A Personalised Health Plan**

**Appointments at a time and place to suit you**

**Information about other local services that can help you achieve your personal goals**

**HEALTH TRAINERS**

