

Healthy You - Supporting Cambridgeshire and Peterborough residents health and wellbeing... **it's FREE**



Healthy You is a free service for Cambridgeshire and Peterborough residents who are looking to make changes to their lifestyle. So, whether you want help to stop smoking, lead a more active lifestyle, lose some weight, or simply take advantage of the NHS Health Checks we offer, we can help.

We can support you to make simple changes and create achievable goals to help you improve your health and wellbeing. We will provide you with the tools, encouragement and motivational support every step of the way.

Take a look overleaf at how we can support you
and how to get in touch...



Funded by Cambridgeshire County Council and Peterborough City Council



Healthy You

