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.

Healthy You

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

Our **FREE** services include





For more information on our range of Services Text: **HEALTHYU** to **60777** or call: **0333 005 0093** Email: **healthyou@healthyyou.org.uk** or Visit: **www.healthyyou.org.uk**

Healthy You



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